Rach's Healthiest 30-Minute Meals!



Winning style made easy (every day)

MEET JAN MILLER from Boca Raton, FL. She's one of the lucky winners of the Aussie Easy Solutions for Everyday Women contest. We brought Jan to New York City to solve her hair challenge with an Aussie hair makeover and some tips from Aussie celebrity stylist Sarah Potempa.







The Challenge

"I have very little time for my hair on a daily basis. I start out full of body and by the end of the day I look like a flat mop."

—Jan Miller

Sarah's easy recipe for hair with volume

INGREDIENTS:

Blow-dryer, round brush, Aussie Hair Spray

DIRECTIONS:

- 1. Use a blow-dryer and a round brush to add some curl to your ends.
- 2. Lift some top sections of hair and spray **Aussie Aussome Volume Hair Spray** underneath the sections while targeting the roots.
- 2. Quickly hit these sections of hair with the warm heat of the blow-dryer.
- 3. Enjoy locked-in volume! Following these steps can help revitalize dull, limp locks with strong hold and high shine for gorgeous, long-lasting style!





More easy, everyday tips for real women

Now that you've got hair with full body, turn up the volume in the rest of your life.

BE FEARLESS

Have confidence. If you keep a positive outlook, you'll start to feel more self-assured and confident in everything you do.

TAMON

Load your favorite songs onto your cell phone. Then, anytime you need a lift, you'll have them close at hand to put a little spring in your step.

JUST SAY YES

Surround yourself with "yes" women—friends and family who will encourage you, your goals and your dreams. Ignore all naysayers or get them out of your life completely!







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55 CALORIES



CALORIES

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55 calories, 1. g c. ros 0.50 protein and 0.0g fat, per 12 oz.



if you want...
...cooking tricks



...to save \$\$\$



...personal time



bookmark it!

Every Day with Rachael Ray April 2011

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take a bite outta life!



THE *EVERY DAY*

MENU PLANNER

Need a low-fuss table arrangement? Gather up fuchsia and orange gerbera daisies and arrange them in mason jars on a plain white tablecloth.

p**26** Next time you crave salty and sweet, pair white chocolate and olives for an unexpected treat.















coming up_

The Makeover Issue We know you're itching to see the exciting changes we're brewing up for you, but you're just going to have to wait until next month! Okay, okay—here's a hint:

Tons More Recipes

Drinks, sides, weeknight meals + desserts!

Mouthwatering Pictures

You'll be cooking right along with Rach!

TASTY + CHEAP TRAVEL IDEAS

We're eating our way around the country.

Fast and Fun Entertaining Tips

There's a whole lot of partying going on.



Come on in! Rach's World

Rachael's schedule is packed with friends and family events, but here are 8 ways you can keep up with her. Find all the details at rachaelraymag.com/april.



She's getting fresh celeb scoops!

Lots of famous friends stop by the Rachael Ray show kitchen table. This month, actress Eva Longoria pulls up a chair to talk about her brand-new cookbook, Eva's Kitchen: Cooking with Love for Family & Friends. Get showtimes and more at rachaelraymag.com/

She's shopping for spring

Rach is eyeing Tommy Hilfiger's Abby Pebble purse (\$198, usa.tommy .com for stores), with enough interior pockets to stash her cell, dog treats and more.

She's dining at a supper club

Some nights, a girl just wants to step away from the stove! When she does give herself a break. Rach's latest favorite New York City spot is Alex Guarnaschelli's modern hangout, The Darby, where she loves the grilled octopus with cucumber, dill and red wine, and the chicken livers. See where else Rach eats when she dines out at rachaelraymag.com/april.

She's going <u>h</u>ome for Easter

After packing the car with groceries, Rach will drive up to her Adirondacks home in upstate New York to celebrate. "Mom and I will make a roast lamb and give each other Easter baskets with fun little things inside," she says. "I'm not much of a pastel person, though!" Find festive recipes for your Easter menu at rachaelraymag.com/april.



She's dishing

on QVC

On April 3, tune in to her QVC show. The Dish with Rachael Ray, for tips on how to create her signature meals, plus a side of personal stories. You'll also be able to buy the latest pieces from her cookware collection, like her colorful paring knives.



She's catching up on Twitter

Met my friend @KatieLeeKitchen at @lotusofsiamNY last night. Now open in my hood. It was solid and of course, SPICY!" -@Rachael Ray

> Follow us! Go to twitter .com/rachaelraymag for the latest from her magazine world, plus easy recipes and tips all day, every day.

Cookbook author and Rach's friend Katie Lee

She's taking you behind the scenes

Rach sent her cameras over to her magazine to show you how the Every Day Faves column (page 31) comes together. In mid-March, check out the Rachael Ray show to see why these home, beauty and fun picks made the final cut—plus, Rach will be giving away a few of her absolute favorite items! Find the airdate the week before at rachaelrayshow.com, and go to rachaelraymag.com/april

> to enter to win some of our Faves yourself.



She's got new recipes on her app!

To the more than 60,000 great ideas on her Tasty Bytes app (\$1.99, itunes .com), Rachael's adding a whole new category of Spring Fling Din Dins so that you can make the most of what's available at the market right now. Pair the app with our Get Fresh Guide to seasonal produce at rachaelraymag .com/april, and it'll be a cinch to shop and cook

the best of spring.



New Colgate Total® Gum Defense.



Reduces **90%** of plaque germs that cause gum problems. Ordinary toothpastes don't.[†]

The ADA Council on Scientific Affairs' Acceptances of Colgate Total® Gum Defense toothpaste is based on its findings that the product is effective in helping to prevent and reduce tooth decay, gingivitis and plaque above the gumline and bad breath, and to whiten teeth by removing surface stains, when used as directed.

*Dramatization illustrating reduction of plaque bacteria 12 hours after brushing with Colgate Total® vs. ordinary, non-antibacterial toothpaste.

†12 hours after brushing vs. ordinary, non-antibacterial toothpaste. © 2011 Colgate-Palmolive Company



Some signs to look for:

No big smiles or other joyful expressions by 6 months.

No babbling by 12 months.

No words by 16 months.

To learn more of the signs of autism, visit autismspeaks.org

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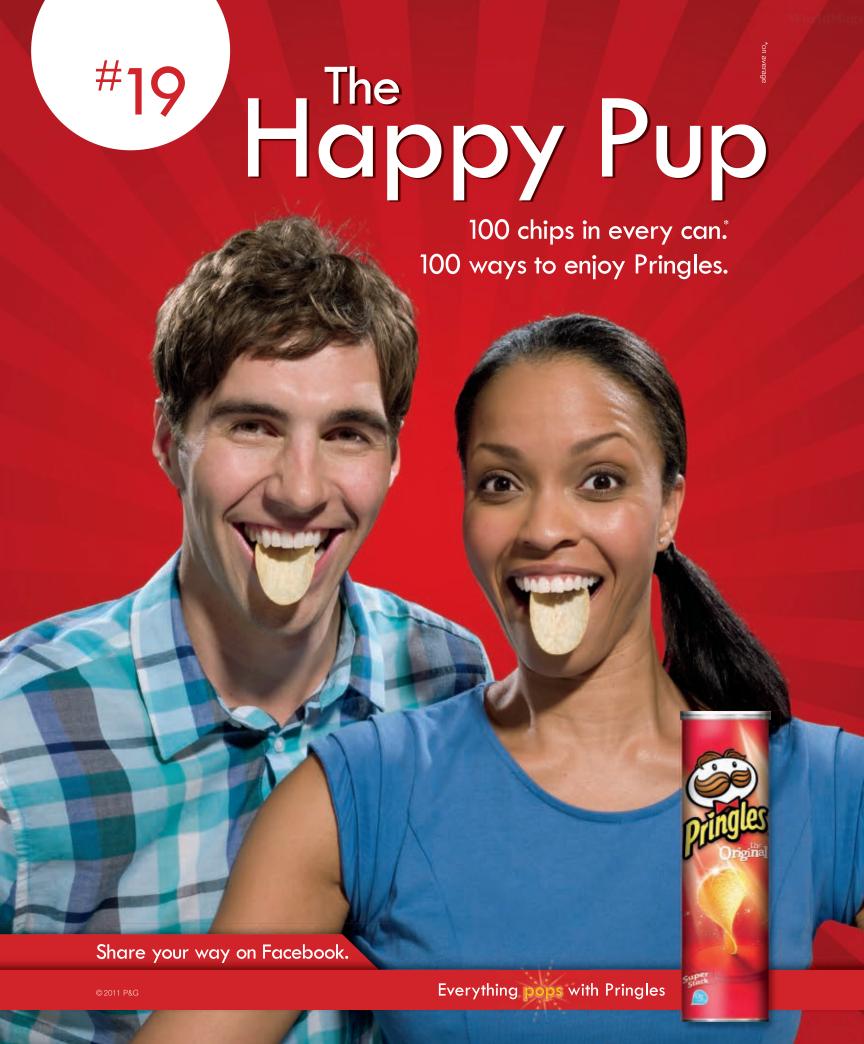
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My Running Mates

RACH'S NOTEBOOK

These bands get me pumped even on the sleepiest mornings.

The Black Keys

The Cringe

Fitz and the Tantrums

Florence t the Machine

Foo Fighters

The Strokes

Exercise & Me: A Love Story

I thought I'd kick off our annual Good for You issue by telling you what's been incredibly good for *me* over the last couple of years. For most of my adult life, I thought a hard day's work was a substitute for exercise: If I felt physically and mentally exhausted at the end of the day, I figured that meant I was keeping myself fit enough. If you've ever held down more than one job, I'm sure you know what I'm talking about.

A few years ago, during the summer of my 40th birthday, I underwent vocal-chord surgery that forced me to be silent for three weeks. I couldn't write or type as fast as I was used to talking, and out of frustration I started running. At first, I ran out of anger and with anger. I resented being driven to do something I thought I hated: jogging. After about three months, I realized that I didn't mind getting up earlier and that I looked forward to the gym as much as I looked forward to recess when I was a kid. The treadmills. StairMaster and free weights have become my new jungle gym and dodgeball. I run a 5K and do weight-training six days a week, and I don't do it to fit into a smaller dress size. I do it because I think clearer and faster, I'm a more patient person, and I have (even) more energy. I wonder how much I could have accomplished if I'd discovered all of this sooner.

When it comes to food, I do not believe in dieting. Calorie counting and measuring while I cook take the air out of the balloon for me. I do believe in enjoying all things in moderation, as you've probably heard me say. My 30-Minute Meals reflect a largely Mediterranean-based diet that uses healthy fats, whole grains, lean proteins and lots of veggies. Turn to page 92 for my healthy faves this month, like Whole Wheat Spaghetti with Anchovies and Kale, and Hold-the-Mayo Tuna Melts with Fennel and Onion.

I hope my story motivates you to get healthy and happy. This whole issue is chock-full of stories that'll inspire you, whether it's to eat right ("103 Healthy Snacks," page 70), give back ("The Busy Girl's Guide to Volunteering!," page 37), or take a life-changing vacation ("Rach's Family Trip to Morocco," page 126).

We hope to speak to that little voice in each of you—the one that tells you to treat yourself a little better from here on out.



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Bosch crafts stylish, brilliantly conceived kitchen appliances that speak the language of the home cook and home designer.



Engineered to meet the needs of the most discerning chefs. Bosch's kitchen appliances offer unrivaled precision, technology and performance. That means stylish induction cooktops that keep temperatures perfectly calibrated for whatever dish you're making. As well as a refrigerator that preserves produce up to twice as long. And wall ovens with the fastest pre-heat on the market,* a European convection feature for fast, perfectly even cooking, and the largest capacity available. All designed to beautifully enhance your kitchen—and your meals. www.bosch-home.com/us





Eating right? Absolutely.



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VorldMag

talk

get in on the conversation

vrite to letters@rachaelraymag.com





What's your go-to healthy midday meal?



facebook.com/ rachaelraymag

Soup and salad. I always keep a few cans of Campbell's Healthy Request in the cabinet, just in case! —JOY HILEMAN BURGHARDT

Today I'm having instant mashed potatoes with a can of little beets, mixed together and microwaved. —JACK STYGER

Lean Cuisine. —KAY LEWIS

Maui Pizza, a Weight Watchers recipe: wheat tortilla, swiss cheese, deli ham, red pepper, macadamia nuts and crushed pineapple. Easy to make and healthy! —JOSEPH GHALI

I love doing three-bean wraps in whole wheat tortillas with salad. —SARAH FILDES

Tuna salad...yummy! —KIM KENNEDY

we talk back We love canned tuna mixed with a simple lemon vinaigrette, lemon zest, chopped cucumbers and any herbs we have on hand. Give it a shot!

Spinach salad tacos. —CONNIE NUNES

we talk back Great idea! Add hardboiled eggs for protein.

Healthy lunch? That's funny! I had a meatloaf panini for lunch! Delicious! —DIANE HENRICK

we talk back Ha! If the healthy mood strikes, try our Lean, Mean Meatloaf. Get the recipe at rachael raymag.com/april.





rachaelraymag.com

At the beginning of the week I buy green, red, orange and yellow peppers, and cucumbers and carrots. I cut them up, divide among five baggies and eat them every day for lunch. I add peanuts for protein. —VEGGIEDUDE

At work I'm a total snacker and rarely have a full lunch. So | SNack all day on almonds, carrots with hummus, apples and cheese sticks, crackers and almond butter, drinkable yogurt. It's food for a 4-year-old, but I love it!—RACHEL D

we talk back Some nutritionists say snacking throughout the day is healthier than eating three big meals. We say, why should 4-year-olds have all the fun?

For lunch I'll often munch on a handful of almonds along with some vanilla yogurt and fresh blueberries.





Turkey n Cheese Sub. @faithb5

Cheese, tomato, lettuce, cucumber, apple sandwich on wheat, plus a side of grapes. @kbonfante

BIG salad, lots of greens, dried cranberries, nuts, blue cheese, LF raspberry dressing. @RichardsLJ

@RichardsLJ

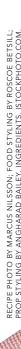
we talk back Our pomegranate dressing sounds right up your alley! Get the recipe at rachaelray mag.com/april.

Leftover chicken with curry powder, greek yogurt, diced apples, onions & cranberries over basmati rice. Yum! @seasonalfamily

Quinoa with red and yellow peppers, onion and zucchini.

@holbeans

we talk back We love quinoa, too! Turn to the next page and find a delicious five-ingredient recipe for Quinoa-and-Bean Salad.





Quinoa-and-Bean Salad

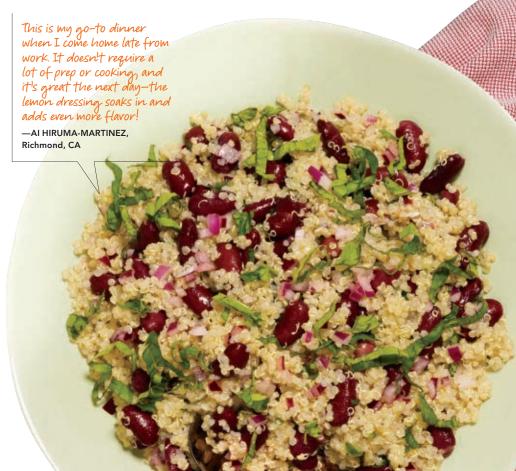
why we chose it If you've never used quinoa, this is a great starter recipe, as this bright salad could not be simpler to make. We love how **reader Ai Hiruma-Martinez** packed flavor into the otherwise basic dish by adding lemon juice and fresh basil.

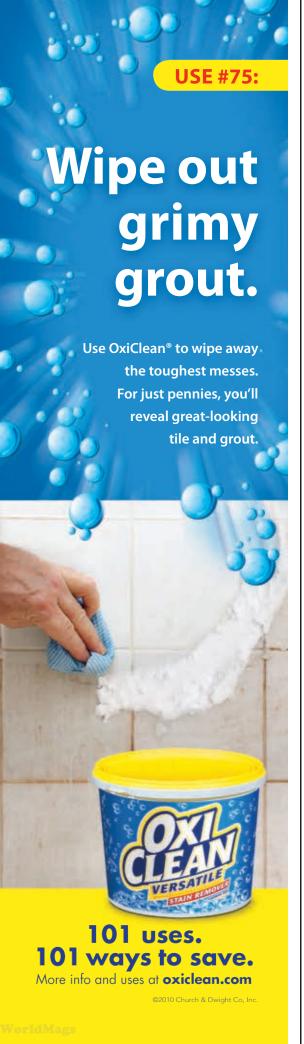


In a large bowl, mix together the **kidney beans**, **quinoa**, **onion** and **basil**. In a small bowl, whisk together the **lemon juice** and $\frac{1}{2}$ cup extra-virgin olive oil; season with salt and pepper. Pour the dressing over the quinoa salad and toss to coat evenly. Serves 4.

DO YOU MAKE A GREAT DISH WITH FIVE INGREDIENTS?

Visit rachaelraymag.com/talk. Extra-virgin olive oil, salt and pepper are freebies.







You Guys Loved Our February Issue!

CHEAP & TASTY

February 2011 had a ton of recipes I wanted to try! I dog-eared half the magazine, and I've already made the Asian Chicken Noodle Soup. Plus, my weekly grocery bill came in at way under the usual. Fantastic for a busy mom who works two jobs and is a full-time grad student!

—MYSTICA42 (via rachaelraymag.com)

HUSBAND-APPROVED

This issue was written for my husband! The Buffalo Chicken Tacos, Lazy Jerky Turkey Chili, Peanut Butter Pretzel Tart with Caramel Drizzle, and Sausage, Pepper and Onion Pizza are all new versions of his favorite foods! We can't wait to try each recipe.

—MELINDA NEUMANN (via rachaelraymag.com)

ROMANTIC IDEAS

Thank you for putting travel recommendations in the February issue. My fiancé and I just booked the Brewery Gulch Inn in Mendocino, California, for our honeymoon! We are having a winter wedding and it is right up our alley. Thanks for giving us such a great idea!

—LYNN MISEROCCHI (via rachaelraymag.com)







What Healthy Means to You...

...COUGHING UP \$\$

of readers claim they'd do a better job of eating healthy if Othey had more money.

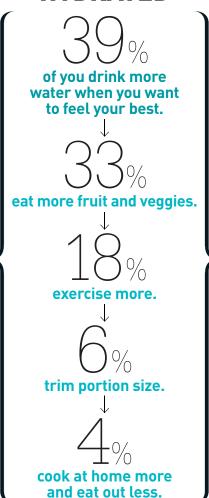
- * 17% say they need more time.
- * 17% would eat better if they had fewer picky eaters in the house.
- * 18% say they need more light recipes in order to be healthy.

Psst! There are dozens of tasty, good-for-you recipes in the magazine you're holding right now, and hundreds on rachaelraymag.com!

...BUT NEVER, UNDER ANY CIRCUMSTANCES, EATING...



.GETTING **HYDRATED**



Win Free

You'll have no excuse not to eat your veggies: One reader will win a brand-new fridge from Home Depot (\$1,000 value!), plus grocery bags full of fresh produce (\$200 worth) and Hidden Valley Ranch products. Enter to win at rachaelraymag.com/april.



✓ Success of the Month: Pasta

I didn't read through my recipe for veal and pork ragù, and after I'd started cooking, I realized the sauce needed to simmer for two hours! In a panic, I hopped on to rachaelraymag.com and found a great 30-Minute Meal for Veal and Olive Ragù with Pappardelle. It was delicious, and no one knew that I hadn't spent all day cooking!

—HOFSTRAKITTY23 (via rachaelraymag.com)



Mess of the Month: Sauce

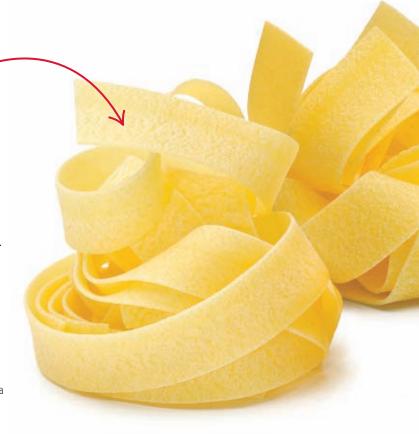
My pasta sauce called for 2/3 cup olive oil, but I only had half that on hand, so I substituted the rest with blood orange-avocado oil. What a big mistake! The oils had completely different textures. The pasta had too much citrus flavor and the sauce was really thick!

-BENEDICT426 (via rachaelraymag.com)

we talk back We applaud any and all kitchen experiments, but agree that strongly flavored oils should be drizzled atop steamed veggies or mixed into vinaigrettes—not used in tomato sauce. Lesson learned!

hen you!

TELL'US ABOUT YOUR MESSES AND SUCCESSES! Visit rachaelraymag.com/talk or write to letters@rachaelraymag.com or Every Day with Rachael Ray, 750 Third Ave., 3rd Floor, New York, NY 10017. Letters and submissions may be edited and used in all print and electronic media.











Live deliciously®



Full of inspiration Full of flavor Free of salt

Garlic & Herb Lemon Chicken
Prep Time: 10 minutes Cook Time: 20 minutes

1 cup chicken broth

1 tbsp. chopped fresh parsley

1 tbsp. lemon juice

1 tbsp. McCormick® Perfect Pinch® Garlic & Herb Seasoning

1 lb. thinly sliced boneless skinless chicken breast halves

MIX flour and Seasoning in shallow dish. Reserve 1 tablespoon. Moisten chicken lightly with water. Coat evenly with remaining flour mixture.

HEAT oil in large nonstick skillet on medium heat. Add 1/2 of the chicken; cook 3 minutes per side or until golden brown. Repeat with remaining chicken, adding additional oil if needed. Remove chicken

MIX broth, lemon juice and reserved flour mixture. Add to skillet; bring to boil, stirring to release browned bits in skillet. Stirring frequently, cook 5 minutes or until sauce is slightly thickened. Spoon over chicken. Sprinkle with parsley.

Makes 4 servings.

For more great-tasting recipes, visit perfectpinch.com



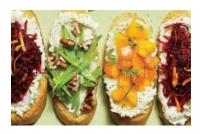
Available in 18 seasoning blends including 5 salt-free

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a toast to Crostini

Think of bread as a blank canvas for topping with any combination of yummy ingredients you can dream up. Since so many fruits and veggies are at their peak this month, and they taste pretty darn good in their raw form, we let them shine—grated, sliced and chopped—in these fresh, colorful crostini. Just add a smear of creamy ricotta dip and you've created the perfect spring snack.





No cooking required!

Just toast the baguette slices and start topping!

Spring Crostini (3 Ways) with Lemony Ricotta Spread

SERVES 4 (AS A PARTY SNACK)
PREP 10 MIN

One 16-ounce container ricotta

- 1 tablespoon grated lemon peel
- ½ teaspoon coarse sea salt
- 1/8 teaspoon pepper
- 1 baguette, cut on a bias into sixteen ½-inch slices

Extra-virgin olive oil, for brushing

- **1.** In a large bowl, whisk together the ricotta, lemon peel, salt and pepper.
- 2. Preheat the oven to 350°. Arrange the baguette slices on a baking sheet and brush lightly with olive oil. Bake until golden, 10 to 12 minutes. Let cool slightly.
- **3.** Smear about 1 tablespoon of the ricotta spread on each of the toast slices.

Pile on the toppings!

Beets

Grate **4 peeled red beets** on a zester or the small side of a box grater and combine with the **juice of 1 orange**. Spoon about 1 tablespoon on each crostini. Drizzle with **extra-virgin olive oil** and sprinkle with **grated orange peel**.

Snow Peas

In a bowl, toss together **2 cups halved and slivered snow peas** and **3 tablespoons rice vinegar**. Spoon about
1 tablespoon of the drained mixture on
each crostini. Sprinkle with some **coarse sea salt** and **chopped toasted pecans**.

Apricots

Using a sharp knife, finely chop **4 pitted ripe apricots**. Spoon about 1 tablespoon of the fruit on each crostini. Drizzle generously with **honey** and sprinkle with **finely chopped fresh mint**.

America has gone sandwich Crazy! There's no deny leapt from our le

There's no denying it: This iconic food has leapt from our lunch bags into our lives.

We'll make one out of anything.

MARCH 2008

Paula Deen makes headlines with her Lady's Brunch Burger: a bacon- and fried-egg-topped burger sandwiched between two glazed doughnuts.

APRII 2010

KFC creates the Double Down, a monstrous meal that uses **two fried chicken patties as a bun**.

1

JULY 2010

A Utah man devotes a Facebook page to his product the Candwich, a **canned vendingmachine sandwich** (flavors include BBQ chicken and PB&J).

We gladly eat at sandwich-only spots.

SEPTEMBER 2008

Porchetta opens in New York City, igniting a craze for chunky porchetta, **Italian slow-roasted pork sandwiches**—one of the

only items on the menu.

APRIL 2009

Coolhaus food truck rolls into Los Angeles, redefining the ice cream truck forever: The owners sell only made-to-order ice cream sandwiches.

MAY 2010

Foodie mecca San Francisco welcomes **The American Grilled Cheese Kitchen**, a gourmet shop that tops sammies with every kind of slice from havarti to mozz.



FEBRUARY 2010 Which Wich Superior Sandwiches chain customer Chad Ettmueller dislocates his jaw while biting into his **gargantuan**, **double-meat-stuffed order**. He recovers (and remains a patron).



We host competitions. Frequently.

FEBRUARY 2008 Esquire runs a

"Best Sandwiches in America" story, kicking off the trend.

MAY 2008

Oprah hosts a **sandwich showdown**. The segment, hosted by *Top Chef* s Padma Lakshmi, pairs amateur cooks with their TV-chef idols.

MARCH 2009

AOL's food site slashfood.com asks readers to rate the country's top 54 sandwiches. Among the favorites: a cheesesteak from Primanti Brothers in Pittsburgh.



APRIL 2010

NPR unveils a new series called "Sandwich Mondays." Host Ian Chillag samples crazy concoctions, like a \$777 **kobe burger with lobster**.

We've gone multimedia.

JUNE 2010

Tumblr blog **Selleck Waterfall Sandwich** wins a Webby
Award. The site features photo variations of Tom Selleck. By a waterfall. With a sandwich.

APRIL 2011 The Encyclopedia of Sandwiches (\$19, amazon. com) hits shelves. The book

contains 110 recipes and over 400 variations. —**SUSAN RUSSO**





hotels that brew their own oooze!

The bartenders at these hotels are so wholehearted about hooch, they're mixing their own blends. Pull up a stool!

Japanese-Style Sakes in Las Vegas Wanting to give guests a transporting experience, the

Shibuya restaurant at the MGM Grand Hotel & Casino teamed up with the famous Northern Japanese distiller Oomuraya Shuzo to produce three exclusive sakes. The nuanced blends run the gamut from fruity to light to dry, and come in fancy bottles (\$59 and up) and single-serving cans (\$17). (3799 Las Vegas Blvd. S., mgmgrand .com, 877-880-0880)



English-Style Ales in Vermont

Vermont's Norwich Inn has been brewing beers in the English style since 1797. But until recently, they were only equipped to make three 5-gallon jugs at a time. After adding on a four-barrel brewhouse, they now turn out 125-gallon batches of English ale and 15 other brews. In tradition's name, some hops still come from the motherland; the rest are grown on-site. All are pumped into the house pub from beer cellars. (325 Main St., norwichinn.com, 802-649-1143; \$5.50 for an imperial pint, \$5.50 for a 22-ounce bottle)

Kentucky-Style **Bourbon in California**

got rave reviews, the chef de cuisine and head bartender at the Grange Restaurant in Sacramento's Citizen Hotel headed to the Bluegrass State to sample the best barrel-aged bourbons and blend their own. After rounds of tastings with Kentucky master distiller Chris Morris, they devised the hotel's exclusive Grange Special Blend Woodford Reserve Bourbon. Spicy, caramelly and citrusy, it now stocks the bar's top shelf. (926 J St., citizenhotel .com, 916-447-2700; \$11 for a house Manhattan, \$65 by the bottle)

-KAREN CATCHPOLE

The characteristic holes of swiss cheese have a quirky origin: Gas expands in the cheese while it ripens, causing air bubbles to form.

GOOD THINGS **COME IN ECO-PACKAGES**

Now you can spot them at the supermarket!

IN THE DAIRY AND **SNACK AISLES**

It looks like plastic and keeps food just as fresh, but a greener version known as corn-based PLA is made from kernels. Unlike oil-based plastic, the corn-derived kind is biodegradable—which means it will eventually break down into harmless natural/ compounds and take some pressure off our landfills. SPOT IT! Snyder's of Hanover's

organic pretzel thins bags, Stonyfield multipack yogurt cups

IN THE BOTTLED-DRINK AISLE

Companies are replacing plastic packaging with a sugar-derived version made from molasses and sugar cane. One version from the Coca-Cola Company, known as PlantBottle, is 30 percent plant-based and fully recyclable, so it cuts the company's use of petroleum (a nonrenewable ingredient) and reduces its greenhouse gas emissions. SPOT IT! Dasani bottles, single-serve Odwalla bottles

IN THE COFFEE AND CEREAL AISLES

Not only does repurposed paperboard save trees, but it's also less expensive to produce than the fresh stuff, Today, companies are using the material in unexpected ways, like as replacements for steel coffee canisters.

SPOT IT! Maxwell House coffee canisters, Kellogg's cereal boxes

-ELIZABETH BARKER



EASTER BASKETS FOR GROWN-UPS!

Let the kids have fun opening plastic eggs—these baskets were built for mature taste buds.

A sturdy colander makes the perfect foodie basket!



NO-MESS ICE CREAM SCOOP The stacking Cuisipro Ice Cream Scoop sucks ice cream out of even the most frozen-solid pints, and releases a perfectly cylindrical serving atop your cone. \$15, surlatable .com INSTANT SODA Turn any drink into soda: Just drop in a flavored Fizzie tablet. \$3, tiddleewinks .com PICKLE BRINE BLOODY MARY MIX McClure's Spicy Bloody Mary Mix gets its salty-sweet kick from pickle juice and pressed cucumber. Just add vodka! \$12, murrayscheese.com.



FLAVORED WHIPPED CREAMS Blosm's Whipped Cream comes in decadent flavors like blackberry amaretto and cinnamon praline. \$4 and up, myblosm.com GIANT GUMMI ON A STICK This Gummi Bear is 88 times the size of the mini guys, and weighs in at a whopping half-pound. (Hey, you grew up, too.) \$12, fredflare.com SPIKED CHOCOLATE MILK Infused with vodka, this 40-proof Adult Chocolate Milk makes a great after-school, er, after-work treat. \$16, hitimewine.net



FLOWERY BROWNIES This lavender brownie kit takes a favorite dessert up one seriously aromatic notch. The mix is infused with lavender buds. \$10, littleskylavender.com SCORCHING-HOT PARTY SNACK Taste bud red alert: Batch 37 Spicy Trail Mix is doused in an extra-hot blend of habanero, chile and cajun spices. \$5, originaljuan.com. BACON-FLAVORED POPCORN These microwavable bags smell so good, even vegetarians will be waiting to hear the buzzer go off. \$4, baconsalt.com—JOY CHO



You do.



With fresh potatoes, never frozen, they taste like you made them from scratch.
Only you didn't.



WILL GATHER MY FAMILY AROUND THE KITCHEN.





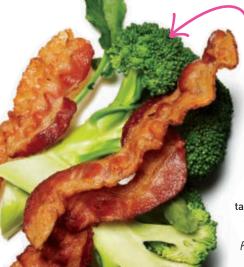


YUM

Egg yolks have a naturally salty, buttery taste that marries well with sweets (which might explain why Japanese omelets are traditionally spiked with sugar). We like the mild sweetness and nutty kick of coconut. Add a shot of coconut milk to eggs before scrambling, or serve them with a side of coconut pancakes (just sprinkle flakes into the batter).



Foodies everywhere are discovering that these tastes belong together (if you haven't tried sea salt chocolate yet, get on it!). Snacks are a given, but we never thought about it working in our other dishes. A new book, Niki Segnit's The Flavor Thesaurus, inspired some wacky but delicious new versions!



Bacon & Broccoli

Though you might not think of broccoli as sweet, it actually does fall on the bittersweet end of the vegetable scale (its main flavor is sweet, then it's bitter in the aftertaste). That's why you often see it with salty ingredients, like anchovies in Italian cooking or soy sauce in Chinese food. At home, pan-fry the florets with salty bacon and top with parmesan cheese.

White Chocolate & Olives

This seemingly stomach-turning combo doesn't taste as unusual as it sounds (we swear!). Olives are cured in salt or brine before they can be eaten, so their salt level is mighty high—which works perfectly against white chocolate, the sweetest of all chocolates. For a subtle start, try sweetening olive crostini with a little shaved white chocolate.



On average, it takes 50 licks to get through a singlescoop ice cream cone.



Everyone's talking about the

dress, but we're yakking about the food!



Alex Guarnaschelli. host of Food Network's Alex's Day Off and executive chef at Butter restaurant in New York City

William and Kate are young and vibrant. I'd go American food all the way! Since we're all about variety here, I would serve some of our best ingredients—whole, spit-roasted ducks and pigs glazed all over with honey and vinegar—and set up a grilling bar to do blackened shrimp, fish and vegetables.



-Al Roker

Well, you have to serve pigs in blankets. Oh, sure, everyone thinks, "Royal wedding...must be fancy." I've been to parties everywhere from the White House to my house. Everyone loves pigs in blankets. Of course, always curtsy when serving them.



-Sophie LaMontagne & Katherine Kallinis owners of Georgetown Cupcake and stars of TLC's DC Cupcakes

We would turn our cupcakes into a tower-it'd have to be regal, a 10-foothigh, layered cupcake pyramid with a different flavor for each layer (one would be english toffee). We'd add ornate piping and fondant designs, and present them in royal blue gift boxes with William and Kate's monogram!





HUNT TREATS™



WILL **BRING AN** EASTER TRADITION **OUT OF ITS** SHELL.



HIDDEN SURPRISE EASTER EGG TREATSTA



where to eat during the boston marathon

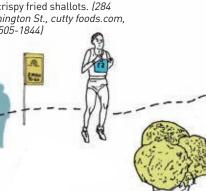
Watching this year's race on April 18? Fuel up with in-the-know locals.



Cutty's specializes in novel combos like sautéed swiss chard, bacon and spicy mayo. You can duck in for a bite without missing the action: Runners will have sped

past by lunchtime.

WHAT TO GET The slow-cooked roast beef with sharp cheddar, horseradish thousand island and crispy fried shallots. (284 Washington St., cutty foods.com, 617-505-1844)



Boston boasts so many homegrown ice cream purveyors, you'd think it was in the tropics. J.P. Licks has nine stores total, and four along or near the race. Note to those of timid palate: Expect seriously vivid flavors. WHAT TO GET A double scoop of potent rum raisin. (jplicks.com)

Tacos and teguila
Run, don't walk, to get a prime seat at chef Ken Oringer's Mexican fave La Verdad. (One taste of the killer margaritas and you'll thank us!) Up for a marathon of eating? Hit up Ken's other Boston-area restaurants, too: Clio, Uni, Toro and KO Prime.

WHAT TO GET The Loco Mundo, a choice of any three tacos (our picks: two duck confit, one fried fish) and a side of queso dip with chorizo. (1 Lansdowne St., 617-421-9595)



For meat-niks

Blocks from the finish line, Back Bay Social Club has a burger that's a frontrunner among Boston's best. "It's 100 percent dry-aged beefwe use a mix of prime rib, short rib, flank and skirt—smothered with slow-cooked onions and melty, cave-aged Vermont cheddar," says chef Tim Raines. "Then we throw some hot, salty fries into the mix." WHAT TO GET What Tim said. (867 Boylston St., backbaysocialclub .com, 617-247-3200)



DINING ROOMS & BAR

When it comes to marinades, don't go fat-free: Most herbs and spices are oil-soluble, so they only release their strongest flavor once they've been mixed into an oil-based marinade.

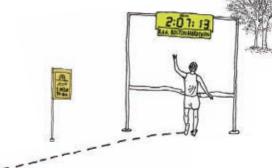




Oysters at the end A meal at Island Creek Oyster Bar is up there

A meal at Island Creek Oyster Bar is up there with the Freedom Trail on the weekend's roster of essential visitor experiences. The sleek spot overlooks Kenmore Square, where the final mile converges with Fenway traffic (it's game day, too!).

WHAT TO GET The lobster roll, raw bivalves and a craft cocktail. (500 Commonwealth Ave. islandcreekoysterbar.com, 617-532-5300)



Post-race pasta

If you're craving spagnetti, head to **Gaslight**, a French bistro. Yep, you heard us right: This casual brasserie serves pasta favorites along with traditional French dishes like steak frites. The pasta specials rotate, but all are favored to be winners.

WHAT TO GET House tagliatelle with... absolutely anything the chef's got it paired with. [560 Harrison Ave., gaslight560.com, 617-422-0224]

-JOLYON HELTERMAN





Rach's buddy **Gretta Monahan** proves—even to sunless-tanning skeptics!—that DIY tans are a simple science.



FIRST EXFOLIATE HANDS, FEET AND ELBOWS

Skin is naturally rougher on these parts, so it tends to absorb tanning formulas differently from smoother areas. Give them a good scrub to avoid splotchy or uneven results.



THEN DRY OFF SKIN COMPLETELY

Even small amounts of moisture can cause tanners to streak or run off on your clothes. Towel off as thoroughly as you can after you shower, and make sure the bathroom isn't still steamy.



BUILD COLOR SLOWLY

Choose a gradual formula—like a lotion, wipe or mousse—in the shade your skin is, not the shade you want it to be. Only slather on a pea-size amount of tanner at a time, and wipe off any excess with a paper towel.





INGREDIENTS

- 3 tbsp. butter or margarine
- 1 10 oz. package of regular marshmallows
- 6 cups Kellogg's® Rice Krispies® cere
- 1/2 cup of M&M'S® Brand Chocolate Candies Canned frosting or decorating gel (optional)
- 12 plastic snap-apart 3 x 2-in Easter eggs

DIRECTIONS

- 1. Clean, then coat inside of plastic eggs with cooking spray. Set aside.
- 2. In large saucepan, melt butter over low heat. Add marshmallows and stir until completely melted. Remove from heat.
- 3. Add *Kellogg's® Rice Krispies®* cereal. Stir until well coated.
- 4. Using greased hands, firmly press 1/4 cup of *Rice Krispies*® mixture into both halves of each plastic egg. Use fingers to make hollow centers in each half. Remove from molds. Place on wax paper. Cool slightly.
- 5. Place about 6 M&M'S® Brand Chocolate Candies in one half of each egg. Gently press two halves of each egg together until they stick. Cool completely.
- 6. Decorate with frosting and additional M&M'S® Brand Chocolate Candies (if desired). Best if served the same day. **Serving size is 1 egg.**

FOR MORE RECIPES
AND NUTRITION INFORMATION,
VISIT RICEKRISPIES.COM



Scan the code with your mobile device or text TREATS to 30333 fo a link to a video on how to make these holiday Kellogg's® Rice Krispies Treats® Message and data rates may apply. Check your carrier for details

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- ®, TM trademarks © Mars, Incorporated 201



















Food Flash Cards Little ones will love learning healthy eating habits (without even knowing it!) thanks to colorful **Boddler Bites Cards** Each one features an easy, toddler-friendly recipe. \$20

EVERYDAY

Animal Greeting Card

Give a silly Monkey as Sock card for any occasion worth celebrating, or just because! \$5 whigby.com



The recycled Mini Bobble has a clean advantage over other bottles: Its screw-on cap filters out impurities as your child drinks! \$9 waterbobble.com

Everyone knows that I'm a big fan of sock monkeys! So when I saw these monkey cards, I instantly fell in love.

Bring a set to the supermarket so your

Kids can learn about foods as you're putting them in the cart!



Remote Control Pillow

Cozy up to your remote—no, really! This pillow remote channel-surfs, then shuts off when idle so you can rest your head. \$35 brookstone.com





Silicone Watch

Even if you didn't have slap bracelets back in the day, a slap-on Broadway Collection watch will make you feel like a kid again. \$23 rumbatime.com

Lunch Container Set

Pic 'N' Mix Monsters compartments are labeled for veggies, fruits and main dishes, and marked measurements mean portion control is a cinch. \$15 buildhealthykids.com

·Kids will understand the food pyramid while filling the monster's tummy with a healthful, well-balanced lunch!



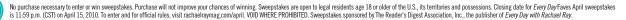
Breathe easy: This desktop air purifier plugs into your computer's USB drive and clears the air of dust and odors. \$22 usb.brando.com



Dark Chocolate Matzo

Don't save this treat for Passover—like you'd be able to resist dark chocolate-and-toffee-covered matzo sprinkled with sea salt, anyway. \$9 for 2 matzeltoff.com





PHOTOGRAPHY BY GORMAN & GORMAN.

AVESTERIO E



Yellow Nail Polish

When April showers get you down, wear a little sunshine on your nails in the form of SpaRitual vegan nail lacquer in Enlightened Soul. \$10 skinstore.com

Children's Toothpaste

The tasty citrus flavor of Burt's Bees Natural Toothpaste will make kids actually want to brush, and the cranberry extract in it will prevent plaque buildup.
\$5 at drugstores



Renewing Bath Salts

It smells good enough to eat, but 'Nilla Buttermilk Salt—made with Mediterranean and Dead Sea minerals—is meant for your bath.

\$5 and up joyfulbathco.com



Color-Correcting Pebbles The Physicians Formula Mineral Wear

The Physicians Formula Mineral Wear Talc-Free Correcting Pebbles blend together to create the perfect finish. Pink brightens, green masks redness, and yellow adds warmth. \$14 at drugstores



Natural Paddle Brush

The best part about this Earth
Therapeutics bamboo paddle brush? It gently massages your scalp while you use it. \$10 earththerapeutics.com



Hand Sanitizer

This Luxury Hand Sanitizer kills germs (99.9 percent of 'em!), fights flu viruses and moisturizes. \$20 for 6 germless1.com



Body-Activated Deodorant

You'll barely break a sweat with Degree Expert Protection with MotionSense—it starts releasing bursts of fresh scent as soon as you start moving. \$4 at drugstores



Peach Cream Blush

Keep Bodyography creamto-powder blush in your purse for a quick transition from sheer daytime tint to dramatic evening color. \$16 bodyography.com



Designed by actress Alicia
Silverstone, this totable hempand-recycled-plastic deluxe
EcoTools pencil case is big
enough to hold makeup and



Men's Razor

The Gillette Fusion
ProGlide Power has
a battery-powered
microchip that ensures
a close shave without
nicks and cuts. \$13 at
drugstores





Wedge Sandals

Dolce Vita for Target brown leather and rope wedge sandals work as well with a flirty sundress as they do with casual cargo capris. \$30 at Target stores

tipped mini-dot trench coat (\$188 whbm.com) for a modern silhouette.

Statement Bangle

The pavé-encrusted detail on the crystal feather and chain bangle makes this bracelet a great accessory for a little *red* dress. \$95 bloomingdales.com



We're celebrating the 84th birthday of New York's Strand bookstore by carrying our favorite books in this red cotton canvas tote. \$12 strandbooks.com

Kids' Long-Sleeve T-shirt

Your little guy will cook up some style envy in a Chef's Tee: The appliqué is made from recycled T-shirts, and the sleeves were formerly socks! \$78 barneys.com

This is Isaboo's best friend, Penny! Doesn't

she look cute in

her red slicker?!

Doggie Raincoat

The Velcro chest plate and adjustable Peter Pan collar on this red lollipop pet slicker guarantee that your pooch is fully protected against spring showers, \$49 and up trixieandpeanut.com

Owl Brooch

Your everyday blazer just got instantly chic, thanks to the kaleidoscope sparkle of this crystal boxed pin. \$25 each dillards.com

Men's Toning Sneakers

No more gym guilt trips: The micro-wobble boards in the soles of Supertone M sneakers engage his leg and rear muscles with every step. \$130 fitflop.com for stores

Women's Fedora

Top off your outfit with a Hat Attack crocheted straw raffia fedora; this one's gold bow adds a feminine touch. \$78 800-982-1569

Choker Necklace

Turn any spring basic into a bold statement by donning this hand-polished floral collar necklace. \$75 carolee.com



every DAY CVES nome

Book Clock

Give your favorite reader the gift of time: Each handmade book clock is built using a vintage hardcover. \$39 shop.grahnat.se



Floor Urns

A lightweight bamboo metallic floor vase makes a great entryway piece, either solo or filled with longstemmed flowers and branches. \$30 and up at Pier 1 Imports stores



Flatweave Throw Rug

Art for your floors! These eye-catching patterned Canecroft rugs come in bright colors like citrus green, larkspur blue and mustard yellow \$46 and up garnethill.com



Chalkboard Vase

Overnight guests will feel right at home when greeted with a flower and a message written on this chalkboard vase. \$40 uncommongoods.com



echodesign.com

Accent Table

Thanks to the open, airy design of this cube accent table, you can store books and magazines underneath and still have room to serve apps and drinks on top. \$100 worldmarket.com





dear timid embracers of change,

we get it. if it ain't broke, why fix it? like our haircuts from college. but admittedly, sometimes we're just worried that the new thing will be a letdown. fortunately here, you're in for a delightful surprise.

yeah, it's small. but so are chili peppers and bikinis. small can pack a serious punch. and after all, it's 2011—laundry detergent doesn't have to be ginormous to deliver beautifully clean clothes. especially when it's a smart, ultra-concentrated and plant-based formula. which we're patenting, by the way.

point is, change doesn't have to be scary. it can even be fun at methodlaundry.com. you fire up the dial-up modem. we'll get you to the other side.

for the love of clean,"

method.





SHIFT_the way you move





INNOVATION FOR FAMILY

The All-New Nissan QUEST®

One-touch entry, fold-flat seats with permanent storage and even an air scrubber. Nissan QUEST. Innovation for all.









This month's helping of information and inspiration

The Busy Girl's Guide to Volunteering!

No matter your schedule, there's a project out there for you. Just take our quiz to find the volunteer work that best suits your personality, then try out our tips for selling your friends on it. (Hint: It might involve a vacation!) You'll even meet some inspiring women who've turned their good deeds into full-time gigs. Doing your part has never been easier—or more fun!

BY **ASHLEA HALPERN**





Find Your Ideal Volunteer Day

Answer these questions to figure out which community deeds suit your style.

What is your main reason for volunteering?

- ☐ **A** To make a difference in someone's life.
- To positively impact my community.
- ☐ C To stop feeling so guilty all the time!

Friends say they're envious of your...

- Big heart and caring personality.
- Wild sense of adventure.
- C Juggling skills: I always have 10 things happening at once.

What causes are you most passionate about?

- A Homelessness, abused children, neglected veterans in short, working to end human suffering.
- Anything having to do with the environment or animals.
- They run the gamut: One week it's breast cancer, the next it's childhood obesity.

It's Saturday afternoon. What are you doing?

- Getting ready to host a dinner party.
- Gardening, horseback riding or hiking.
- Chasing after my kids.

How much time will you commit to?

- A A couple of hours a week.
- One day a month.
- C A few days a year.

If you answered... Mostly A's

You're a jumbo-hearted idealist who can make a hefty time commitment, so look for opportunities built around one-on-one relationships. Try mentoring homeless or at-risk youth through StandUp for Kids (standupforkids.org) or delivering food to needy seniors via Meals on Wheels (mowaa .org). Look to your skills, too: Great listeners can answer phones for suicide-prevention hotlines, word nerds can write fund-raising proposals for charities, and artistic types can teach people with disabilities how to paint.

Mostly B's

You're one of Mother Nature's biggest fans, so show her some love: **Build and maintain trails** through the American Hiking Society (americanhiking.org); **start a pet-food bank** for the American Society for the Prevention of Cruelty to Animals (aspca.org); or join your local affiliate of Keep America Beautiful (kab.org), which stewards thousands of beautification projects. For steady but flexible gigs, try **cleanup or planting projects at community gardens**, beaches, nature centers and animal shelters.

Mostly C's

You'd love any type of volunteer work, but you barely have a minute to think about it! Look for onetime gigs: Check out Habitat for Humanity (habitat.org) and help build a house for a needy family in your community (there are affiliates in all 50 states), or run (or walk!) in a 5K fitness fund-raiser for Susan G. Komen Race for the Cure (komen.org). Even your packed schedule is full of options: Paint a backdrop for your child's school play or donate a bag of gently used clothing to a women's shelter.

Vacations That Give Back!

Rack up frequent-flier miles and good karma by organizing a volunteer vacation with friends or family. Consider these for your next adventure-seeking holiday.

DIG FOR ANCIENT REMNANTS in Cortez,

Crow Canyon Archaeological Center (crowcanyon.org) Volunteers work alongside researchers to excavate and examine pottery shards, arrowheads and stone tools of the Southwest's ancestral Pueblo people. The cultural artifacts are eventually curated at an approved facility. After a full workday, participants can explore nearby nature trails, listen to scholarly lectures or rest up in a shared Navajo-style cabin (called a hogan). Prices for the weeklong family program, including room and board, are \$1,475 per adult and \$1,125 per child (ages 10 to 17).





ANIIMALS
in Kanab, Utah

Best Friends
Animal Sanctuary

(bestfriends.org)

Located within 90 minutes of the Grand Canyon, this nokill shelter handles about 1,700 animals a day and needs volunteers to help feed, groom, walk and play with its rescued cats, dogs, birds, bunnies, parrots, potbellied pigs and horses. Volunteers can stay in one of eight guest cottages (starting at \$125 per night) or two-person cabins (starting at \$82); reservations are highly recommended. The website also lists hotels that offer Best Friends discounts.

HELP REBUILD A CIT

in New Orleans

HandsOn New Orleans (handsonneworleans.org)

Even six years after Hurricane
Katrina, HandsOn New Orleans hosts
hundreds of volunteer projects per
year; good Samaritans can choose
a range of ways to help, such as
revitalizing blighted properties or
organizing food drives for families
affected by the BP oil spill. Would-be
volunteers can search projects
by attributes online, so it's easy to
find the ones best suited to kids or
families. Participants get two meals
a day and can stay in a 40-person
communal bunkhouse for \$25 a night.



foodies who make a difference

These helpful ladies are proof that you can turn a love of food into a full-time gig that does some delicious good!



JULIE DARLING Just Call Us Volunteers



ANALIESE PAIK Fairfield Green Food Guide

This San Diego caterer started feeding the homeless after going through a rough patch in her personal life. At the wore I volunteered, the better I felt she says. In 2005 she founded JCUV, which serves about 7,000 meals to needy people every year. That quantity doesn't affect quality: From the stuffed pork loin with pan gravy to the apple streusel, she makes food similar to the dishes she'd prepare on the job. "Everyone deserves a healthy, lovely meal—whether they can afford it or not," she says. justcallusvolunteers.org

Frustrated by the slow pace in trying to reform lunches at her son's school, Paik took her passion for food to the Internet. The result: FGFG, her platform for bolstering the local and sustainable food movement in Fairfield County, Connecticut. With blogs, buying guides and news about everything from community-suported farms to green foodie events, the site lets residents take responsible eating into their own hands. "I derive tremendous satisfaction from providing information that's otherwise available only through word of mouth." fairfieldgreenfoodguide.com

Give-and-Get Giving

You don't have to be *totally* selfless to help others: Combine good deeds with fun activities by signing up for one of these volunteer opportunities.

USHER AT A LOCAL THEATER

Love a good show? Many theaters—in small towns and on Broadway—need volunteer ushers to guide audience members to their

seats. As a thank-you, altruists get to watch the plays for free. (But fair warning: It's often standing-room-only.)





GET OUTSIDE 8 GET IN SHAPE

So many of us sit in front of computers all day, we've forgotten what it feels like to wield a shovel or haul some trash bags. One of the unexpected bonuses of laborintensive work—like painting fences, picking up litter or packing canned goods—is the calories you'll burn while helping out. Who needs a gym membership when there's so much good to be done?

HELP OUT AT SPORTING EVENTS

Attention, sports fans: The United States
Tennis Association, the PGA Tour and the
Olympic Games all take volunteers. What's
in it for you? Often free hats and T-shirts,
parking or transportation, meal vouchers
and a possible encounter with some of your
favorite athletes (hello, Rafael Nadal).





Here's What Rach Does

Yum-o! is all about inspiring kids and families to eat healthier. The fight doesn't stop at home, though: We're also committed to feeding the hungry, providing scholarships and improving school lunches—and we always need more help! Visit yum-o.org to join us.

Try this snack after a day's good deeds, or anytime you want a sweet-and-spicy treat. It's healthy and utensil-unnecessary!

Thai Lettuce Cups

SERVES 6 PREP 15 MIN COOK 10 MIN

2 skinless, boneless chicken breasts, cut into strips

Salt

- 1 tablespoon EVOO (extra-virgin olive oil)
- 1 red bell pepper, cut into strips
- 1/4 cup chili sauce
- 2 tablespoons honey
- 1 head iceberg lettuce, cut into quarters and leaves separated
- ½ cup honey-roasted peanuts, chopped

Juice of 1 lime

⅓ cup chopped fresh basil

1. Season the chicken with salt. In a large skillet, heat the EVOO over medium-high heat. Add the chicken and cook, turning once, until golden, about 5 minutes. Add the pepper and cook, stirring, until tender, about 3 minutes. Stir in the chili sauce and honey and cook until slightly reduced.

2. Arrange the lettuce cups on a platter. Divide the chicken mixture among the cups and top with the peanuts, lime juice and basil.



RECIPE PHOTO BY TARA DONNE; FOOD STYLING BY ROSCOE BETSILL; PROP STYLING BY ANGHA TIMES SQUARE, ALAMY, COM; FENCE BUILDING. VEER, COM; TENNIS AND RACHAEL RAY, GETTY IN



Hold onto your cranberries.

Have that day-after Thanksgiving sandwich all year long.
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New Hefty® BlackOut™ Kitchen Bags

Regular white bags can't hide garbage mess like BlackOut™.

And with unscented OdorBlock® technology,

BlackOut™ hides the smell, too.



Hefty Hefty Hefty!

SEt everything you need to get started

every day kitchen 5 Seriously Surprising "Insta-Clean" Fixes

From burned-on food to airborne splatters, these stress-free solutions will destroy the evidence in no time.

BY ELIZABETH BARKER









more ways TO CLEAN COOKING CALAMITIES

You burned the rice, and now there's a laver of scorched grains covering the bottom of the pot. **FIX** Skip the scouring: Fill the pan with hot water, then toss in a fabric-softening dryer sheet and let it sit overnight. The softening agents will loosen up the rice so it pours right out, says Linda Cobb, author of Talking Dirty with the

Queen of Clean.



You ground some spices in the coffee grinder, and now your morning brew reeks of last night's dinner.

FIX Grind a handful of odor-absorbing Cheerios for 30 seconds, says Mary Findley, co-author of *The Complete Idiot's Guide to Cleaning*. Or place a small charcoal briquette (any kind will do) in the grinder and cover the appliance with a paper bag. The charcoal's porous surface will swallow smell-causing agents overnight.

4

No amount of buffing will lift burnt-on food off your cast-iron pan.

FIX Coat the pan with a thick layer of vegetable oil and let it loosen the food overnight, then mop up the mess and any excess oil with paper towels or a clean cloth. For quicker cleanup, fill the pan with water, bring it to a boil, simmer for 15 minutes, then drain, coaxing off any stubborn food with a wooden spoon or silicone spatula. Reseason with cooking oil.



Your pressure cooker popped open and sloshed strawberry jam all over the ceiling.

FIX Soak a towel in hot, sudsy water, then drape it over a broom head, rubber-banding it at the handle. "Mop" the mess. Once it's off, remove soapy residue with a towel soaked in plain water.

CLASSIC CLEANERS WE LOVE

Try these old-school gems—Grandma used 'em for a reason.

Bar Keepers Friend-

Named for its ability to make bars' brass rail fixtures shine, this powder can polish cooktops, cookware and appliances, and leave cookie sheets lustrous. (\$3 for 12 ounces, at drugstores)

Bon Ami-

This is Joey Green's go-to for kitchen messes like countertop stains and scrape marks on china. (\$1.29 for 14 ounces, at grocery stores and drugstores)

20 Mule Team Borax

This mineral-based cleanser works magic on appliances and dishes. It even disinfects garbage disposals. (\$4.79 for 76 ounces, at grocery stores and drugstores)

Tigive odor the chop

To get the lingering scent of onion out of your cutting board, Green swears by Colman's mustard powder: Just sprinkle it on a wet board and rub in with a sponge before washing as normal, he says.



FOM; PROP STYLING BY CINDY ANOF; PROP STYLING BY RICHIE

My SPACE: PETE LESCOE'S KITCHEN

OCCUPATION Founder of the Food Should Taste Good line of all-natural chips LOCATION Waltham, Massachusetts

mong the lessons Pete Lescoe learned making chips in his kitchen: Adding fresh cheese leads to disaster. "You get a soggy mess that smells like old socks," Lescoe says. Ditto for chocolate pieces, which melt and leave holes. And when deepfrying, ventilation is key. "My whole apartment smelled like a McDonald's," he says. These days, Lescoe develops and tests recipes in a commercial kitchen, but he hasn't lost that zeal for experimenting at home. His current project: re-creating the peanut butter swirls in his favorite ice cream. Okay, so he's not always a health nut—but he is adamant about using only real ingredients in his creations, in addition to nutritious stuff like flaxseed and quinoa. The results? Pretty dang good. —SARAH STEBBINS

Lescoe uses aluminum foil to remove food stuck on grill grates. With the grill on and covered, he rests foil on trouble spots for five minutes to let the reflected heat burn off the mess. He starts the day with protein-packed Chobani strawberry-banana greek yogur —low-fat, not fat-free. "I believe

"I don't like salsa that looks like a cousin of ketchup," Lescoe says. He dips his corn chips in D.L. Jardine's chunky black bean salsa (\$7, jardinefoods.com).

"Where's the fun in measuring and pressing a button?" asks Lescoe, who prefers the "authentic, inexact" process of making french press coffee (Bodum Chambord, \$30, bodumusa.com).

A lover of Edy's Slow Churned peanut butter cup ice cream, he's been trying to make his own version of its peanut butter chunks.

Lescoe uses a for tilla press (\$15, amazon.com) to make...what else? He starts with a dough of corn flour, water and salt, and tops the fresh tortillas with refried or black beans and queso for a tasty snack.

you need a good

amount of fat in your

diet to be healthy."

Lescoe does sometimes eat other companies' chips. A favorite pick: all-natural Michael Season's Thin & Crispy potato chips alongside a sandwich.

everyone should... BE SOMEONE'S REGULAR

Shopping used to be personal: Grandma was so loyal to her butcher that he saved her the best cuts, and Mom was so close to the baker that they sent each other holiday cards. Today's farmers' market—a world of individual sellers—preserves this spirit. This spring, go to your local market, chat with the vendors selling pink radishes or the season's first asparagus, and leave with food and a better connection to your community.



use it up: DUCK SAUCE

top off cream cheese

Toss dried cranberries, golden raisins and finely chopped red onion with duck sauce. Season with salt, then spoon over a block of cream cheese. Serve with crackers.

add a sweet-and-sour kick to slaw

Dress shredded broccoli stalks and red cabbage with duck sauce, rice vinegar and sesame oil and top with toasted sesame seeds.

gussy up grilled cheese

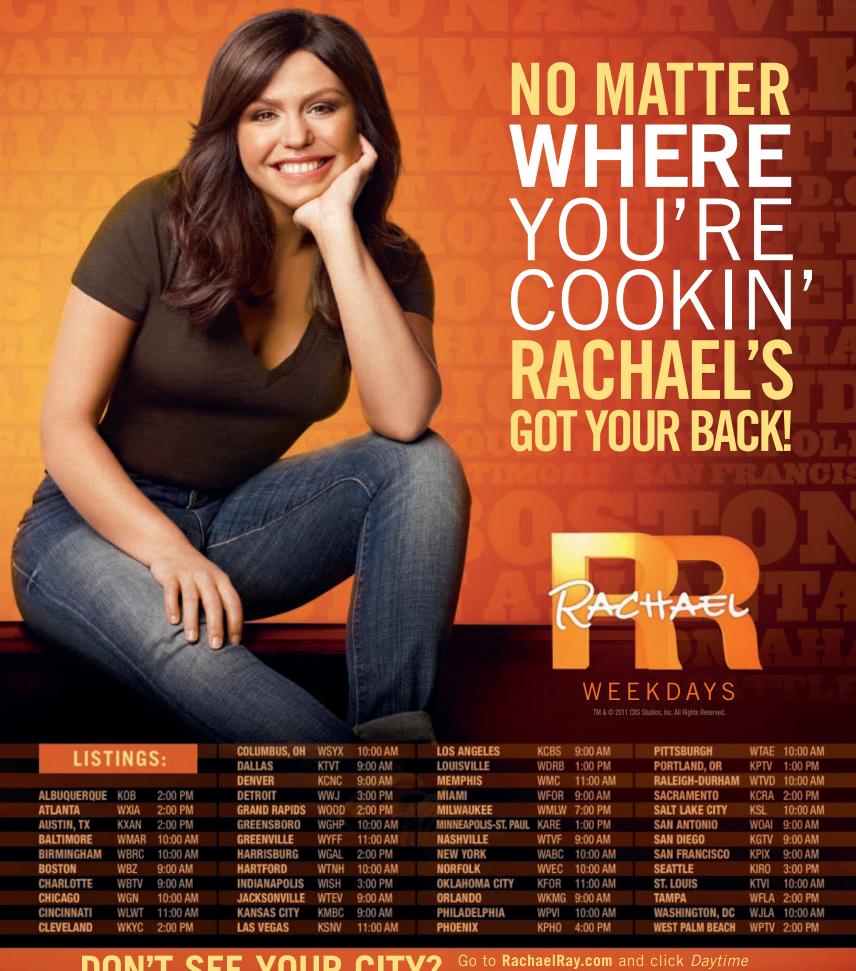
Spread sourdough bread with duck sauce and stack with muenster cheese, avocado and turkey. Pan-fry in butter.



Moms know Charmin Ultra Strong can help. Its DiamondWeave texture is soft and more durable.* Plus, Charmin Ultra Strong leaves fewer pieces behind than the ultra rippled brand — so you can get a more dependable clean. And for an extra clean finish, try Charmin Freshmates.



enjoythego.com



DON'T SEE YOUR CITY?

TV Show to find out where you can catch Rach.

BY KATIE BARREIRA

use them...

...in a salad. Add chopped or sliced radishes to a greek salad of cucumber, red onion, mint and feta, or to a potato salad for extra crunch. Or toss the leaves—which have a spicy flavor similar to arugula—with mixed greens.

...in tacos. Cut into matchsticks and use as a topping, along with cilantro leaves, on fish tacos.

...in a stew. Substitute quartered radishes for turnips or other root veggies.

...in a side dish. Braise whole radishes in butter and red wine vinegar, then pair with a strong-flavored main dish, like lamb.

...in a stir-fry. Sauté thin slices with scallions in oil for a few minutes until browned. Serve over pan-seared fish or chicken.

...in a roast. Toss whole radishes with olive oil and salt, then add to the pan during the last 20 minutes of roasting a whole chicken. select & store

+ Choose firm, smooth-skinned (not cracked, knobbly or wrinkled) bulbs that have crisp, vibrant leaves (if still attached).

+ Refrigerate in an open plastic bag for up to 10 days. Discard leaves before storing—they speed spoilage.

+ Best March through May.

Radishes gone limp? Crisp them up by soaking in a bowl of ice water for 5 to 10 minutes.

try this recipe

Bread-and-Butter Pickled Radishes MAKES ABOUT 1 CUP

Slice **7 radishes** ¼ inch thick. In a strainer placed over a bowl, toss the radishes with **2 teaspoons salt**; refrigerate for 30 minutes. Meanwhile, in a small saucepan, heat

1/4 cup plus 2 tablespoons white vinegar, 3 tablespoons sugar, 2 smashed garlic cloves,

1 teaspoon yellow mustard seeds and ½ teaspoon celery seeds over medium heat, stirring until the sugar has dissolved, about 3 minutes; remove from the heat. Stir in the radishes, then transfer the mixture to a small bowl; cover and refrigerate for 24 hours. Strain and serve.

For even more rad radish recipes, visit rachaelray mag.com/april.

BY DINA CHENEY | PHOTOGRAPH BY LUCAS ZAREBINSKI

best for **pesto**TRADER JOE'S ORGANIC WHOLE

\$1.29 for 1 pound, at Trader Joe's stores Some whole grain pastas are blah, while others taste like bitter cardboard. But this line of penne, rotelle and spaghetti gets it just right with a comforting, starchy wheat flavor. "It's got personality but still lets other ingredients shine," one taster said. That makes it perfecto for intense sauces like pesto. "I bet even my skeptical husband would be impressed!" another panelist raved.

best for red sauces **RAO'S HOMEMADE WHOLE WHEAT PENNE RIGATE**

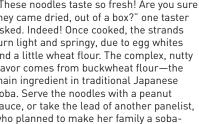
\$5.49 for 17.6 ounces, at most grocery stores Who knew pasta could be so darn sexy? Our tasters quickly ran out of superlatives to describe the come-hither, enveloping shape of this oversize penne. "A thick red sauce would hug every nook and cranny on these babies," one panelist enthused while eyeing the deep grooves on each noodle. Made by hand in Puglia, Italy, it has, as one panelist described it, a "perfectly chewy, toothsome hite "

best for **creamy sauces** AL DENTE WHOLE WHEAT FETTUCCINE

\$3.99 for 12 ounces, at most grocery stores Pasteurized eggs give this fettuccine the rich taste and velvety texture of egg noodles, and flaxseed adds a sweet earthiness. The delicate, flavorful ribbons are made to soak up a creamy cheese sauce like alfredo—or something even simpler. "Give me a warm bowl of this pasta tossed with salted butter and parmesan and I'll be happy," one panelist said.

best for Asian sauces **ANNIE CHUN'S JAPANESE SOBA NOODLES**

\$2.99 for 12 ounces, at most grocery stores "These noodles taste so fresh! Are you sure they came dried, out of a box?" one taster asked. Indeed! Once cooked, the strands turn light and springy, due to egg whites and a little wheat flour. The complex, nutty flavor comes from buckwheat flour—the main ingredient in traditional Japanese soba. Serve the noodles with a peanut sauce, or take the lead of another panelist, who planned to make her family a sobaand-veggie stir-fry.





Use these top picks in our favorite pasta recipes at rachaelraymag.com/april.









OOD STYLING BY LIZA JERNOW; PROP STYLING BY LISA LEE FOR HALLEY RESOURCES

Rach says:

Don't forget to reserve a

your pasta. Simply add a

when tossing to achieve

the desired consistency.

splash or two to the sauce

mugful of starchy cooking water when draining

SO MUCH ZESTY FLAVOR, THERE'S NO ROOM FOR SALT.



VIBRANT VEGGIE STIR FRY

Serves: 6 • Serving Size: 1 cup • Prep Time: 5 min. • Cook Time: 10 min.

Ingredients:

- 1 Tbsp. Mrs. Dash® Original Blend
- 2 Tbsp. canola oil
- 2 medium carrots, thinly sliced
- 2 cups broccoli florets
- 2 cups fresh, sliced mushrooms
- 6 oz. snow peas
- 1 small tomato, cut into wedges
- 1 Tbsp. red wine vinegar

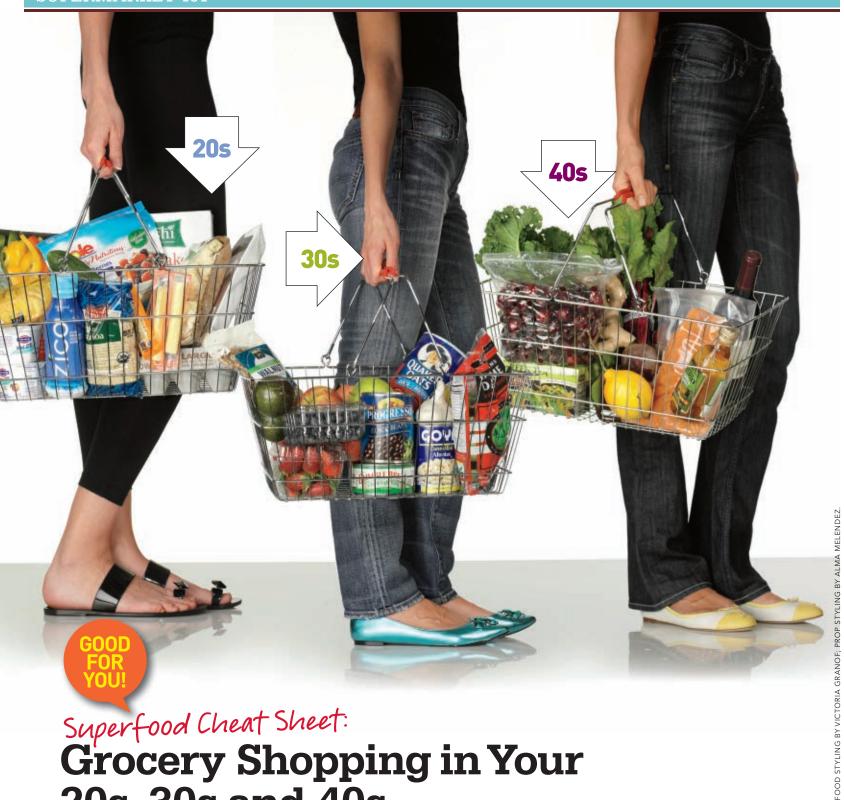
Directions:

- 1. Heat oil and Mrs. Dash® Original Blend over high heat.
- 2. Add carrots and broccoli, cook for 2 minutes, stirring constantly. Add mushrooms and snow peas and cook for 2 more minutes.
- 3. Add tomato wedges and red wine vinegar, stir for another minute or until veggies are tender.





www.mrsdash.com



Superfood Cheat Sheet: Grocery Shopping in Your 20s, 30s and 40s

How do food lovers stay strong and happy? By stocking up on the superfoods that keep their bodies in top shape each decade. Here's what some of nature's tastiest finds can do for your heart, bones, memory and mood right now.

BY ELIZABETH BARKER | PHOTOGRAPHY BY PLAMEN PETKOV

EVERY DAY WITH RACHAEL RAY







Best Foods 205 for Your

YOUR GOAL: FALL IN LOVE WITH ENERGY-REVVING CONVENIENCE FOODS.

You've entered the "real world" (career, bills, living on your own), and you're maintaining a packed social calendar. Maybe you've started a family, too—or you're planning to. Amid all that chaos, these easy-prep foods make healthy eating practically foolproof.

Grab-and-go veggies

Kick your junk-food habit with snack-worthy produce—anything you can slice and dunk in hummus. Bell peppers and cauliflower are rich in folate, a B vitamin that helps prevent birth defects and depression. Filling up on raw veggies can also curb breakouts, says dietitian Ashley Koff.

Coconut water

This low-calorie thirst-quencher (and hangover remedy) is one of nature's top sources of potassium (most women in their 20s get less than half the recommended amount)—a mineral that helps keep your skin glowing and metabolism running smoothly, Koff says. Other key sources include sweet potatoes, bananas and sunflower seeds.

Quinoa

"Young women tend to eat a lot of refined flour in white bread and pasta," Koff says. But opting instead for fiber- and nutrient-packed whole grains like quinoa (which also offers protein) helps trim belly fat, says dietitian David Grotto, author of 101 Foods That Could Save Your Life.

Low-fat greek yogurt

Getting three servings of calciumand vitamin-D-rich dairy every day is the no-fail method that most experts recommend to strengthen bones before 30, when you start losing bone mass. Mozzarella string cheese sticks are another great on-the-go option.

Frozen fruit

Women in their 20s are more likely than those in any other age group to choose sugary foods. To satisfy sweet cravings, Koff suggests keeping a stash of frozen fruit. Berries, mango slices and pineapple chunks are perfect for tossing into smoothies or yogurt, "and you don't have to worry about them going bad," Koff points out.

Chicken (and eggs)

This age group often falls short on high-quality, hunger-squashing protein, Koff says. Rather than reaching for fatty processed meats, stock up on chicken, lean beef or eggs. [If you're pregnant, they're a top source of choline, a nutrient essential to brain development.]

Best Foods 305 for Your

YOUR GOAL: FIGHT STRESS, FEEL HAPPIER AND SLEEP BETTER!

Maintaining a fulfilling career while managing a household and caring for young kids can leave you feeling overextended and stressed to the max. These foods help boost your mood and energy levels during the day—and even improve your chances of getting deep, restorative sleep.

Walnuts

Snacking on walnuts may help soothe your stress. In a recent study, adults who ate nine walnuts and a tablespoon of walnut oil a day experienced less of a blood-pressure spike in response to nerve-racking situations. Plus, a daily dose of any nut has been shown to cut your risk for heart disease.

Oatmeal

Tame the muscle tension that accompanies stress with foods high in magnesium like oatmeal, pumpkin seeds, apricots and even chocolate pudding. "Magnesium is a natural muscle relaxant," explains dietitian Chrissy Barth, so it also helps ease menstrual cramps and alleviate headaches.

Edamame

To sleep easier, try tryptophanrich soy-based foods, like edamame or tofu, at dinnertime. Also abundant in turkey and dairy, tryptophan plays a key role in producing the sleepinducing hormones serotonin and melatonin, Barth says.

AvocadoIf you're among the

until your 30s to

growing number of

women who waited

have kids, you'll be happy to hear that avocados are a solid source of folate, which can also help improve fertility. And they contain a potent antiaging mix of vitamins B and E, plus "good" fat that helps keep skin supple.

"Light" tuna

A no-prep source of protein, canned tuna is rich in omega-3 fatty acids, which have been shown to boost fertility and fight depression, Grotto says. "Light" tuna has a fraction of the mercury found in albacore (good news if you're trying to get pregnant—mercury can harm your baby). Also, go for water-packed instead of oil-packed—more of the precious omega-3s will stay in the fish instead of leaching into the liquid.

Lentils

Legumes like lentils and beans deliver an energy-sustaining combo of protein, fiber and antioxidants, says dietitian Bonnie Taub-Dix, author of *Read It Before You Eat It*. Pair them with veggies like spinach and red onions to boost their antioxidant power even more—this will help

you hedge off the aging effects of pollution and the sun, Koff says.

Best Foods 40s

YOUR GOAL: KEEP YOUR BODY, MIND AND SPIRIT YOUNG!

As you move toward menopause, changes in your hormones can cause upheaval in everything from your sex life to your cholesterol to your memory. The following foods—loaded with antioxidants and healthy fats—will help ward off the effects of aging and keep you feeling like you're in your prime for years to come.

Ginger

To cut back on sodium and keep your blood pressure in check, use herbs and flavorings like basil, citantro and ginger instead of salt, Koff advises. Fresh ginger in particular has compounds that can enhance sex by increasing blood flow to the genitals, Grotto adds.

Kale

Since age-related eye issues can start developing in this decade, Barth recommends protecting your peepers by tossing kale into your cart. It's packed with antioxidants—as are spinach, bok choy and other dark, leafy greens—that help keep vision sharp.

Cherries

Dark red, purple or blue foods contain anthocyanins, antioxidants that reduce wear and tear on your joints caused by inflammation. Grotto suggests cherries, berries, pomegranates and beets—and even sips of red wine in moderation.

Salmon

Omega-3 fats help keep your joints oiled up and healthy. "They can also help boost your mood by enhancing brain function and improve sagging libido by revving up sex hormones," Grotto says. Concentrated sources include fatty fish like salmon, mackerel and sardines.



It's essential to cook with heart-healthy, omega-3-rich EVOO (Rach's fave!) in your 40s, instead of inflammation-triggering soybean, corn and sunflower oils.

Green tea

Antioxidants in this tea can decrease your risk of aging-related memory problems, Grotto says. "It may also help boost your metabolism and fight age-related weight qain," Barth adds.



For our favorite recipes that use these superfoods, visit rachaelraymag.com/april.



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SWEET ITALIAN CHICKEN SAUSAGE RISOTTO



TUSCAN ROASTED GARLIC CHICKEN SAUSAGE PANINI



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CHICKEN SAUSAGE

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Pineapple Upside-Down Corn Cake

SERVES 8 PREP 30 MIN BAKE 20 MIN

- 3 tablespoons unsalted butter, melted
- 1/4 cup plus 3 tablespoons light brown sugar
- ½ fresh pineapple—peeled, quartered lengthwise, cored and cut crosswise into ¼-inch-thick slices
- 4 cup flour
- 3/4 cup stone-ground whole grain cornmeal
- 1½ teaspoons baking powder
- 1/4 teaspoon salt
- ²/₃ cup unsweetened applesauce
- 2 eggs
- 1. Preheat the oven to 350°. In a 9-inch cast-iron skillet, heat 1 tablespoon butter and 3 tablespoons brown sugar over medium heat, stirring, until melted. Add the pineapple and cook until tender, 5 to 7 minutes. Arrange the pineapple decoratively in the pan. 2. In a medium bowl, combine the flour, cornmeal, baking powder, salt and remaining ¼ cup brown sugar. In a small bowl, combine the applesauce and remaining 2 tablespoons butter. Beat in the eggs. Make a well in the center of the flour mixture, add the applesauce mixture and stir just until incorporated. Spread the batter gently and evenly on top of the pineapple in the skillet. Bake until springy to the touch, about 20 minutes. Let cool slightly, loosen the cake from the pan and invert onto a platter.

WHAT'S IN IT FOR YOU

REAL FRUIT, WHOLE GRAINS

- <u>Fresh pineapple</u> delivers a healthy dose of vitamin C.
- Whole grain cornmeal offers a *nutritious boost*.
- Unsweetened applesauce in place of butter creates a <u>rich</u> <u>texture without fat</u>.

Chocolate-Zucchini Snack Cake

SERVES 9 PREP 25 MIN BAKE 35 MIN

1½ cups flour

- 3/4 cup unsweetened cocoa powder
- 1½ teaspoons baking powder
- 1 teaspoon espresso powder
- 1/4 teaspoon salt
- l cup sugar
- 2 eggs plus 2 egg whites
- ⅓ cup extra-virgin olive oil
- 2 cups shredded zucchini

Two 6-ounce containers low-fat vanilla yogurt

- 1. Preheat the oven to 350°. Grease a 9-inch square metal baking pan and line the bottom with parchment; grease the parchment.
- 2. In a large bowl, combine the flour, cocoa, baking powder, espresso powder and salt. Using an electric mixer, beat the sugar, eggs and egg whites at medium-high speed until pale in color, about 3 minutes; whisk in the olive oil. Stir in the zucchini. Stir in the flour mixture and 1 container yogurt alternately in 2 batches. Transfer to the prepared pan.
- 3. Bake until springy to the touch and a cake tester comes out with moist crumbs, about 35 minutes; let cool slightly. Serve warm with the remaining yogurt.

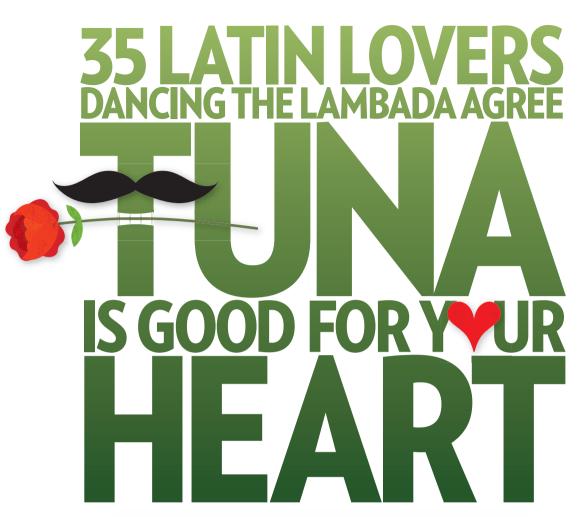
WHAT'S IN IT FOR YOU

LOW FAT, RICH FLAVOR

- A hit of espresso powder deepens the *chocolaty taste* without adding more calories.
- <u>Heart-healthy</u> extra-virgin olive oil maximizes moistness.
- A <u>tangy yogurt topping</u> makes the cake taste sweeter and replaces sugary frosting.



We've lightened up more recipes at rachaelraymag .com/april.





TUNATHEWONDERFISH COM

Tuna Avocado Sandwich – Brought to you by The Tuna Council





If you think juicing is too expensive or time-consuming, check out these standout models. Soon you'll want to start every morning with a fresh-squeezed glass of anything.

BY VIVIAN JAO | PHOTOGRAPHY BY LUCAS ZAREBINSKI

cleanest OSTER WIDE-MOUTH JUICE EXTRACTOR

\$80, shoposter.com
This genius model helps
you cut cleaning time
and corners. Thanks to
its large pulp and juice
collectors, you won't have
to take breaks to empty
them out. Don't worry
about leaking, either: All
of this juicer's parts fit
together snugly, eliminating
splashes and spills.

sturdiestBREVILLE JUICE FOUNTAIN ELITE

\$300, brevilleusa.com
Juicing enthusiasts, rejoice:
Priced to last, this model
is a workhorse no matter
what your produce load. Its
mostly metal construction
and high-speed setting
squeeze every drop out of
even the hardest veggies
and fruits. (If you do get
carried away, the built-in
overload switch shuts itself
off to prevent overheating.)

walletfriendliest

WARING PRO PROFESSIONAL JUICE EXTRACTOR

\$70, waringpro.com
We have a hunch even
novice juicers will use this
extractor again and again,
thanks to its intuitive
assembly and low parts
count (meaning machine
setup and cleanup are a
breeze). At just 8.6 pounds,
it's compact enough to
leave out on the counter
or to travel with.

smallest L'EQUIP PULP EJECTION MINI HIJCER

MINI JUICER
\$110, lequip.com for stores

This tiny tool won't cramp your counter—or your style. At a mere 11.5 inches, it will squeeze into almost any free spot in your kitchen. Don't underestimate its size, though: It works quickly, makes a hearty juice (perfect for pulp lovers), and is one of the quietest models we tried.

fanciest

CUISINART JUICE EXTRACTOR

\$149, cuisinart.com for stores
Bells and whistles abound
on this sleek model, and all
of them make good on their
promises. The strong motor
has five speed settings—so
it can adapt to all textures,
from delicate leafy greens to
dense carrots—yet it barely
makes a sound. Our favorite
feature, though, is the foam
filter, which lets you choose
smooth or frothy juice.

TURN FOR THE RECIPE

advertisement

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WELL EQUIPPED



To save time, just trim the carrots (skip peeling) and skin the pineapple (skip coring) before juicing.

6 Great Ways to Use Pulp

The solids that juicing leaves behind contain too much flavor and healthy fiber to be relegated to the trash bin.



in marinara

Stir in 1 cup vegetable pulp (such as kale, carrot or beet) just before the sauce starts to boil, then cook as usual.



in lasagna...

Stir ½ cup pulp into the cheese layer.



in muffins...

Blend 1 cup carrot or apple pulp into your batter before baking.



in soup...

Thicken a pot of soup with ½ cup vegetable pulp.



with meat...

Mix 1 cup pulp into a meatloaf or burger patties before cooking.



in dog food...

Add some pulp for extra nutrients. (But make sure it's safe: Dogs shouldn't eat onions, grapes, raisins, persimmons, peaches or plums.)

—ALLYSON DICKMAN



a perfect fit

For even cooking, arrange cauliflower so that larger pieces are toward the edges of the pan and smaller pieces are in the center.

Cauliflower with Spicy Carrot-Pineapple Sauce

SERVES 4 PREP 15 MIN COOK 25 MIN

- /2 cup freshly squeezed carrot juice
- ½ cup freshly squeezed pineapple
- 3 large shallots, thinly sliced
- 1 tablespoon sugar
- 1/4 teaspoon crushed red pepper Salt and black pepper
- 1 head cauliflower, cut into florets
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons chopped fresh parsley
- 2 tablespoons pumpkin or sunflower seeds—roasted, salted and shelled

1. Preheat the oven to 450°. In a small saucepan, bring the carrot and pineapple juices, half of the shallots, the sugar and crushed red pepper to a boil, stirring. Reduce the heat to medium and simmer, stirring occasionally, until the sauce is thick and reduced to about 1/3 cup, 20 to 25 minutes. Strain and discard the solids; season with salt and pepper. 2. Meanwhile, place the cauliflower on a baking sheet and toss with the olive oil, salt and pepper; spread evenly and roast for 10 minutes. Add the remaining shallots and toss, then roast until the cauliflower is browned and just tender, 10 to 12 minutes. 3. Toss the cauliflower with threequarters of the sauce and half of the parsley and pumpkin seeds. To serve, drizzle with the remaining sauce and top with the remaining

parsley and seeds.





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Delicious layers of freshly made pasta, rich cheese and meaty tomato sauce make our lasagna a tasty favorite. Good luck keeping any leftovers!



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Ispread a little luscion little luscion little luscion little luscion luscion



PHILADELPHIA vanilla mousse cheesecake

Prep Time: 20 min. • Total Time: 6 hours 15 min. (incl. refrigeration) • Serves: 16

40 vanilla wafers, crushed (about 1½ cups)

3 Tbsp. butter or margarine, melted 4 pkg. (8 oz. each) PHILADELPHIA Cream Cheese, softened, divided

- 1 cup sugar, divided
- 1 Tbsp. plus 1 tsp. vanilla, divided
- 8 oz. whipped topping, thawed

HEAT oven to 325°F. Mix wafer crumbs and butter: press onto bottom of 9-inch springform pan.

BEAT 3 pkg. cream cheese, ¾ cup sugar and 1 Tbsp. vanilla with mixer until well blended. Add eggs, 1 at a time, mixing on low speed after each just until blended. Pour over crust.

BAKE 50 to 55 min. or until center is almost set. Run knife around rim of pan to loosen cake; cool completely in pan.

BEAT remaining cream cheese, sugar and vanilla with mixer in large bowl until well blended. Whisk in whipped topping; spread over cheesecake. Refrigerate 4 hours. Remove rim of pan before serving cheesecake. Garnish with fresh berries if desired.

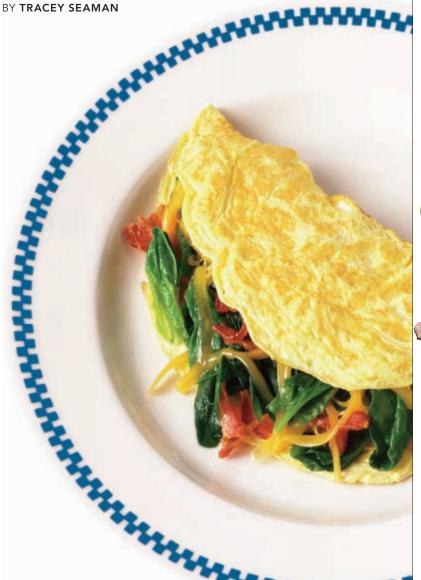
spread a little philly





Omelets: 3 Cooks, 9 Ways

You won't believe what you can stuff these babies with! Whether you like Italian (green tomatoes and cheese), savory (carrots and bacon) or light (green peas and asparagus), you'll flip for our experts' creative new combos.





Mario Batali

Omelets are so simple, you can experiment a lot with the filling. Explore unexpected vegetables, seasonings and shapes.

GREEN TOMATO-AND-PECORINO OMELET Chop green tomatoes and sauté them with chives in extra-virgin olive oil until soft. For the filling, use the green tomato mixture and pecorino-romano cheese.

FRITTATA SALAD Chop equal parts fresh mint, basil and oregano; mix the greens into the eggs. Cook until set into a flat "pancake," then flip to set the other side. Let cool, then slice into thin strips and toss with escarole, orange zest and orange segments, a little lemon juice and zest, extra-virgin olive oil, salt and pepper.

EGG ROLLUPS In a small skillet, cook the beaten eggs—2 tablespoons at a time—to make lots of thin, flat omelets. Top each with deli-sliced ham and swiss cheese or other sandwich fillings and roll up like cigars. Wrap each tightly in plastic wrap and keep cool. To serve, slice crosswise, sushi-style, with hot sauce for dipping.



KC Quaretti-Lee

Wife, mother and home cook in Venice, Florida, and winner of the Real Women of Philadelphia cooking contest

For a top-quality omelet, buy the freshest organic eggs available; they have lots more flavor.

Classic Cheese Omelet

Here's our favorite yummy basic omelet. Read on for tons of fun variations. In a medium bowl, beat 3 large eggs, 2 tablespoons water and a pinch salt and

pepper with a fork. Mix in 1 teaspoon chopped chives or other herb (optional). In an 8-inch nonstick skillet, melt 1½ teaspoons unsalted butter over medium-high heat and pour in the egg mixture. Stir constantly with a rubber spatula, scraping the bottom of the pan, until the eggs are about two-thirds cooked, about 1 minute. Turn the heat to very low and spread the mixture evenly. Sprinkle 1/2 cup finely shredded gruyère cheese on top. When the bottom of the omelet is set, fold it in half to enclose. Serve with buttered toast.



CARROT-BACON OMELET Sauté finely grated carrots in butter until softened. Let cool, then add to the eggs with chopped fresh dill; cook and fold over. Sprinkle cooked bacon with parmesan and bake; crumble on top.



3 EGG PANINI Cook the eggs with chopped fresh basil; sandwich between slices of crusty bread along with mozzarella and tomatoes; grill in a panini press.



EVERY DAY WITH RACHAEL RAY rachaelraymag.com



Tracey Seaman

Every Day with Rachael Ray test kitchen director

Don't rush an omelet! After you've poured the eggs into the pan, stir to keep them from hardening. Then, while still semisolid, smooth them out and, as they continue cooking over very low heat, add the filling. Once set, fold. Ta-da! A moist, soft omelet!



LIGHTENED-UP PEAS & ASPARAGUS OMELET
Cut the calories in half but keep all the flavor by using 1 whole egg and 3 egg whites instead of 3 whole eggs. Stir thawed frozen baby peas and snipped fresh chives into the beaten egg mixture. Fill with ½-inch pieces of blanched asparagus and dabs of peppered goat cheese, which tends to be lower in calories and fat than other types of cheese.

CRAZY-FOR-GRAPES OMELET In a small saucepan, simmer a little butter and minced shallot for a flavor punch, then add a handful of halved seedless black grapes and a bit of sugar to make a savory compote. Use as the filling. Dollop the finished omelet with mascarpone cheese, which adds a rich and creamy touch. I love to serve this with a baby spinach salad tossed in a light vinaigrette!

Pros' Tool Secrets

A few extra tips from our guest experts will help you make a perfect—and perfectly delicious—omelet.



Flip with ease

To gently support and turn an omelet, use a flat-end wooden spoon or high-heat spatula. Slide the tool midway under the eggs and flop one half over the other. No more torn omelets! —MARIO

Skip the whisk

Using a whisk leads to frothy, overbeaten eggs and a crusty omelet. The lowly fork is your go-to tool here, and you should mix the eggs until the yolks and whites are just combined."—kc



Keep 'em warm!



To make sure your omelets stay warm after they're placed on the table, serve them on warm plates that you've heated up in a low-temperature oven or the microwave."—TRACEY



Surprise...No Browning Here!

Notice there's no dark coloring on this omelet? That's for a reason! While many of us enjoy the taste and firmness of a seared, browned omelet, pro chefs aim for unmarred yellow perfection. Browned eggs get tough and lose their moist texture and creamy, bright flavor. Stay on the sunny side: Try the technique in our classic recipe (page 67) for a firm omelet that's not overcooked.

"When you cook an omelet, use a skillet that's not only nonstick, but also has gently sloping sides, which means the finished food won't break open or tear as you slip it onto the plate."

—Tracey Seaman







It's time to get real about snacking!
We all want something satisfying to carry us through the 4 p.m. doldrums

We all want something satisfying to carry us through the 4 p.m. doldrums (but not so good that we'll keep eating it and ruin our appetite for dinner).

So we came up with 103 ideas that rely on natural, real and delicious foods: sweet, juicy, drip-down-your-chin fruit, crunchy-yet-savory veggies, and creamy-without-the-cream puddings and dips. All of these combos are convenient quick fixes, but original enough to surprise, delight and inspire you.

Our fresh, whole ingredients are kinder to your waistline—but so tasty, we promise you won't miss anything that comes out of a vending machine!

PHOTOGRAPHY BY **PLAMEN PETKOV**

Cheesy Kale Chips:
Tear kale leaves into large pieces and arrange on a baking sheet. Spritz with olive oil and bake in a 350° oven until crisp. While still warm, sprinkle with grated parmesan.

Tamari-seasoned rice crackers are a salt lover's vehicle for tuna salad. We like to punch it up with a squeeze of sriracha chili sauce!

6 Munch on dried nori (seaweed) strips—they're surprisingly addictive!

:: Stuffed Mushrooms: Briefly microwave button mushroom caps until softened. Fill with jarred pesto and a little chopped ham.

Smoked Turkey
Pinwheels: Spread a layer of softened cream cheese on sliced smoked turkey breast and top with thinly sliced tomato. Roll up and cut into 1-inch pieces.

You know what's delicious on baked potato chips? Chopped hard-boiled egg seasoned with lemon, parsley and anchovies (trust us!).

Spruce up a shot of tomato juice by topping it with finely chopped cooked shrimp, scallions and crumbled saltines.

Pile smoked gouda slices and dried cherries on a whole wheat tortilla and microwave until hot and melty.

Whisk together peanut butter, tamari and a few drops of water. Use as an Asianstyle dip for baby bok choy.

Mini Mock Reubens:
Turn pub food into a power snack. Spread mustard on thin slices of pumpernickel cocktail bread, heap with sauerkraut and sprinkle with pickle relish and a small amount of shredded swiss. Pop them under the broiler.

Five-Spice Pumpkin Seeds: Toss salted pumpkin seeds (also known as pepitas) with sesame oil and chinese five-spice powder, then bake at 350° until crisp.

Turn cucumber slices into crackers: Spread them with olive tapenade and garnish with chopped fresh tarragon.

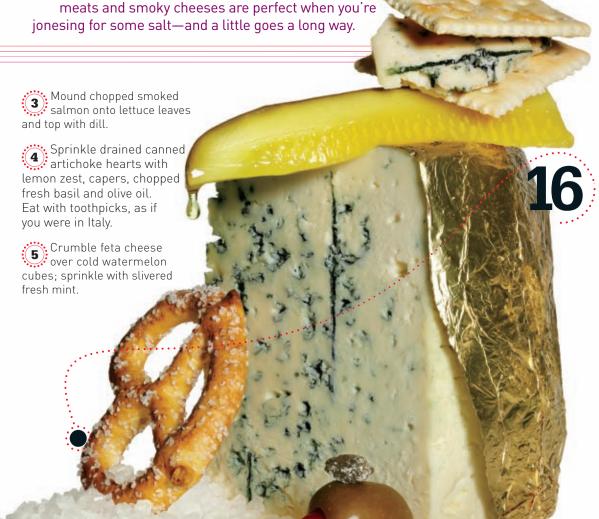
Whole wheat pretzels are always delicious, but they're flat-out irresistible when slathered with spicy mustard spiked with ancho chile powder and sea salt.

Buffalo Popcorn:
Toss air-popped popcorn with olive oil, a little hot sauce and a handful of crumbled blue cheese to season

Combine a little butter with a lot of chopped chives and dill. Spread on rye crackers and top with sliced red radishes and sea salt.

Inside-Out Hot Dog: Wrap a dill pickle spear in a paper-thin slice of ham and dip in ballpark mustard.





Plantain Chips with Caribbean Salsa: Toss together finely chopped banana, cucumber, jalapeño, bell pepper, red onion and a good squeeze

of lime juice. Tex-Mex Treat: Dress bagged coleslaw

mix with jarred salsa and roll up in a corn tortilla

Ranch-Style Popcorn:
Spritz air-popped popcorn with olive oil and dust with buttermilk powder, celery salt and chopped fresh dill.

26 Stuff iceberg lettuce leaves with chopped ripe tomatoes and crumbled smoked tofu.

30 Spread granny smith apple wedges with chunky cashew butter and top with toasted sesame seeds.

Snack on frozen edamame right out of the bag it's crunchier (and more refreshing!) than fresh.

Fill endive spears with chopped bosc pears and season with balsamic vinegar.

No-Chop Gazpacho:
Combine tomato juice, cucumber, bell peppers and onion in a mini chopper, then pulse just until chunky. Add a spash of red wine vinegar.

Cut jicama into sticks.

Dip in a sauce of chunky almond butter, lime juice, honey and fresh ginger.

It's upscale finger food: Scatter grated pecorinoromano cheese and lemon zest over blanched asparagus spears.



CRUNCHY

These snacks are made with flavorful and healthy foods (think nuts, fresh veggies, quick slaws and even frozen foods) that offer the same satisfying crunch as a bag of chips.

Dunk root veggie chips (such as Terra chips) into low-fat sour cream seasoned with hot sauce and orange zest.

Ants on a Log: Here's a grown-up version: Stuff celery sticks with cashew butter and dot with dried currants.

Mix crisp and spicy jarred corn relish with chopped tomatoes and cilantro; use it to top crunchy melba toast.

Dip sugar snap peas into warm goat cheese (30 seconds in the microwave should do it).

Chickpea Poppers: Thoroughly dry canned chickpeas. Spritz with extravirgin olive oil, season with dried oregano and garlic salt

and roast at 400° until crisp.

Put down the butter!
Spread whole grain toast with tahini instead. Top with shredded carrots, golden raisins and alfalfa sprouts.

Combine finely chopped broccoli, multicolored bell peppers and scallions with greek yogurt and a dash of prepared horseradish. Keep a bag of baby carrots close by.

1-2-3 Thai Slaw: Open a bag of shredded carrots; dress lightly with toasted sesame oil, lime juice, olive oil, honey and a dash of cayenne pepper. Toss in chopped salted peanuts.

Shred iceberg lettuce into tuna salad and eat on thickcut bread-and-butter pickles.

Stir chopped fresh pineapple into prepared salsa; season with ground cumin. Nosh with baked blue corn tortilla chips.



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Thread alternating chunks of pineapple, papaya and naturally fat-free angel food cake onto bamboo skewers.

Spoon-Worthy Slushie:
Puree frozen lemonade
with loads of frozen cherries.

Slather a store-bought crepe with creamy almond butter and roll up with fresh



Mini Coffee Pops: Spike vanilla rice milk with brewed espresso, then pour into an ice cube tray and freeze, using cinnamon sticks as handles.

Minimalist, yet amazingly delicious: Sprinkle cocoa nibs on canned pears.

Make berry gelatin with pomegranate juice instead of water. Float in fruit cocktail.

Whip up a pudding: Blend equal amounts fresh raspberries and silken tofu. Add vanilla and honey to taste. Top with more berries, of course.

Peanut Butter & Coconut Bars: Combine puffed whole grain cereal with just enough peanut butter and marshmallow cream to hold it together. Stir in shredded coconut and dried blueberries. Press into a pan, chill and cut into bite-size portions.

Jazz up ordinary apple slices with a faux-caramel topping: Simply boil a cup of apple cider down to a syrup and stir in chopped walnuts; drizzle away!

to nibble on something fancy? Stuff pitted prunes with neufchâtel cheese and chopped almonds, then sprinkle with ground cardamom.

Sweet and Spicy Citrus:
Dip tangerine segments into honey and dust with chili powder-spiked cocoa.

When it feels like banana cream pie would really hit the spot, try this: Grab some graham crackers, spread them with vanilla greek yogurt and top with a handful of banana slices and a sprinkling of ground flaxseed.

Frosty Melon Drink: Puree ripe honeydew with vanilla yogurt and ice.

Stir mini bittersweet chocolate chips into part-skim ricotta and sprinkle with chopped toasted pistachios. Dream of cannolis.

Cut crosshatches into a pitted mango half and turn inside out to expose the fruit. Season with lime juice and cayenne and take a big, juicy bite.

Make one-ingredient sorbet: Puree seedless watermelon in the blender, spread in a metal pan and freeze, stirring every 20 minutes, until it has the icy texture of a granita.

Break out the machine or hit your local juice bar for fresh carrot-beet juice. It tastes like candy. Seriously.

No-Bake Fruit
Crisp: Sprinkle fresh
blackberries with your favorite
type of granola and microwave
until warm.

Toast mini whole wheat waffles and top with a schmear of apple butter and a sprinkling of walnut pieces.

Transform a simple grapefruit into something more like crème brûlée: Halve it, drizzle it with dark honey and broil until bubbly.

a blender, combine frozen peaches, unsweetened coconut milk and honey. Sprinkle with chopped salted macadamia nuts. Eat with a spoon.

Chewy Chocolate
Clusters: Melt bittersweet
chocolate and stir in chopped
dried apricots, rolled oats
and sunflower seeds. Drop
spoonfuls onto wax paper,
then let chill.

Freeze green and red grapes until firm and eat them while still icy (they taste like little sorbet bites).

Give rich and addictive southern pimiento cheese a makeover: Combine equal parts shredded cheddar and low-fat cottage cheese, then fold in chopped pimientos. Spread on thinly sliced whole wheat bread.

Puree cucumber and mint with buttermilk for a tangy herbal shooter.

Instant California Roll:
Quarter a ripe avocado and remove the pit. Stuff with wasabi-spiked imitation crab and drizzle with soy sauce.

Melt a sliver of brie and top with chopped cherries. Eat with a fork.

Pumpkin Spread:Stir together tahini, canned pumpkin puree and a little apple juice and cinnamon. Spread on toasted whole grain cornbread.

Baby red potatoes become blissfully creamy when you microwave them for 3 to 5 minutes (leave the skin on for nutrients). Sprinkle with pepper and sea salt and pop them in your mouth.

Curried Hummus: 75 Combine pureed chickpeas with lemon juice, garlic, curry powder, garam masala and olive oil.

Here's a cheesy topping for broccoli that only *tastes* indulgent: Whisk together equal parts prepared cheddar cheese spread and low-sodium chicken broth and stir in chopped pickled jalapeños.

Dress up store-bought baba ghanoush with fresh chopped dill and parsley. Serve with whole wheat pita.

78 Combine low-fat ricotta and plain yogurt. Stir in chopped kirby cucumbers and fresh basil. Eat with a spoon.

79 Banana Soft Serve: Freeze some bananas, then pulse in a food processor with roasted peanuts and a splash of almond milk.

Mash canned white beans with olive oil and chopped fresh rosemary. Pile onto radicchio leaves.

Mini Polenta Melts:
Slice a few thin rounds of store-bought polenta and slather with roasted red pepper spread. Sprinkle with parmesan and warm in the microwave.

Float cubes of silken tofu in a warm cup of instant miso soup.

Treat yourself to the most sublimely simple protein-packed treat: a softscrambled egg.

you gotta have it: CREAMY

Plenty of healthy foods can taste rich and buttery when made into spreads and dips. But we also played around with sweet potatoes,

silken tofu and slow-roasted peppers.

Microwave a small sweet potato, split it open and wash a little OJ into it. Eat right out of the jacket.

Make strawberries just a bit decadent: Halve them and spread the cut sides with softened goat cheese.

Raid the supermarket antipasto bar for some lusciously creamy slowroasted red peppers. Eat with a bocconcini or two.

Butternut Dip: In a food processor, pulse thawed frozen butternut squash, dried apricots and roasted cashews; scoop up with sweet potato chips.

WATCHING THE NEWS**



THE WARM, SATISFYING SNACK THAT MAKES ANY OCCASION A SPECIAL OCCASION



SUPERFOODS

These eats aren't just healthy—they're supercharged! We packed them with ingredients that will boost your energy and mood.

Cereal is everyone's default snack of choice. Make it healthier by sprinkling your bowlful with dried goji berries and slivered almonds.

File this under "sounds weird but tastes amazing": Spread crisp pear slices with a thin layer of canned sweet potato puree and drizzle with balsamic vinegar.

Green Deviled Eggs:Replace mayo with greek yogurt to make deviled eggs. Fold a handful of finely chopped watercress and a pinch of Old Bay Seasoning into the yolks.

Stuffed Figs: Split plump dried figs and stuff with toasted hazelnuts. Who says health food can't taste decadent?

:: Halve a cup of cherry tomatoes and drizzle them with olive oil. It's that simple.

Flake a can of sardines with a fork and mound onto whole grain crackers.

Kiwi Stacks: Crown kiwi slices with dollops of honey-sweetened sour cream and scatter chopped pistachios on top.

A scoop of vanilla low-fat frozen yogurt tastes richer—and looks prettier—when sprinkled with green tea powder.

Munch on dark-chocolate-covered espresso beans.

Spinach-Miso Dip: Thaw a box of chopped spinach and squeeze it dry. Stir in enough yogurt to make a dip and season with powdered miso soup mix.

Sneak some finely chopped swiss chard into your pesto, then spoon onto garlic pita chips.

Wrap smoked salmon around a whole wheat pretzel rod.

(96) If you love chocolate milk, whip up this healthy version: Blend kefir with frozen açaí and cocoa powder.

Stir chopped cherries into low-fat cream cheese and smear on shredded-wheat crackers. Top with walnuts.

Rub thinly shredded tuscan kale with lemon juice and olive oil (an old Italian trick for making it tender and juicy!), then stuff into a whole wheat pita.

Indian-Spiced Cashews:
Toss raw cashews in coconut oil and curry powder; roast at 400° until golden.

Sushi Stick: Roll up sliced avocado, cucumber spears and brown rice in a nori sheet (it won't look perfect, but who cares?) and eat with pickled ginger.

Punch up plain yogurt with fragrant grapefruit zest and honey, then peel the fruit and dunk the segments into it.

Up the antioxidant levels in your guacamole—and give it a sweet-tart kick—by stirring in some pomegranate seeds and diced tomatoes. Easy Blueberry Compote: Toss blueberries with olive oil and cinnamon and pan-fry until they're on the brink of bursting, then gobble up while warm.

78 EVERY DAY WITH RACHAEL RAY



ADD A LITTLE JAZZ TO YOUR DINNER LINEUP.



From side dishes to dinner mixes, Zatarain's is the perfect way to bring all the fun and flavor of New Orleans to any meal.



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Crunch-on-Top Tuna Burger

I love eating at sushi restaurants and burger joints, so I came up with a recipe that combines the best of both worlds. Pass the wasabi mustard! BY RACHAEL RAY | PHOTOGRAPH BY MARCUS NILSSON

Crunchy Tuna Burgers SERVES 4

- 1 to 1¼ pounds fresh tuna, coarsely chopped
- 1/4 cup finely chopped chives
- 2 tablespoons tamari (dark soy sauce)
- 3 cloves garlic, grated or finely chopped

Freshly ground black pepper

- 1 cup panko breadcrumbs
- 2 tablespoons black sesame seeds
- 1/4 cup vegetable oil
- 8 dinner or brioche rolls

- 1/2 cup store-bought wasabi mustard or asian sweet-hot mustard (or combine 1/2 cup yellow mustard, 2 tablespoons honey and 1 teaspoon wasabi paste in a small bowl)
- 1/2 head bibb lettuce (about 4 to 5 leaves), torn
- 1/4 cup pickled ginger
- Fancy root-vegetable chips, such as Terra Chips
- 1. Add the tuna to a food processor and pulse to grind.

 Transfer to a bowl and stir in the chives tameri, garlic and black.

pepper to taste. Form the tuna mixture into 8 small patties. Place the panko and sesame seeds in a shallow dish. Coat the patties in the panko mixture.

2. In a large skillet, heat the oil over medium-high heat. Add the patties and cook until lightly golden-brown on the outside and pink in the middle, about 2 minutes per side.

3. Slather the roll tops with the wasabi mustard (or sweet-hot mustard). Place the burgers on the roll bottoms. Top with the lettuce, pickled ginger and roll tops. Serve with the root-vegetable chips.

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What's for dinner tonight?

Take this shopping list to the store and you'll have seven nights' worth of easy meals for under \$100.

DAYS DINNERS

YOUR SHOPPING LIST

PRODUCE

- ☐ 2 lemons
- $\hfill\Box$ 1 pint grape tomatoes
- $\ \square$ 2 bunches asparagus
- ☐ 1 bunch broccoli
- ☐ 1 small head cauliflower
- \square 1 pound green beans
- ☐ 1½ pounds small red-skinned potatoes
- ☐ Two 6-ounce bags baby spinach
- ☐ 1 bunch leeks
- \Box 1 red onion
- □ 2 heads garlic
- ☐ One 10-ounce container white mushrooms
- \square 2 bunches flat-leaf parsley

DAIRY

- ☐ One 6-ounce container plain yogurt
- ☐ One 8-ounce container cottage cheese
- One 8-ounce container grated parmesan cheese
- \square 1 dozen eggs

FISH

☐ Four 6-ounce salmon fillets with skin

MEAT

- ☐ 1 pound skirt steak
- ☐ Four 6-ounce 1-inch-thick boneless center-cut pork loin chops
- ☐ Two 8-ounce packages boneless ham steaks
- $\hfill\Box$ One 5- to 6-pound chicken

BAKERY

☐ One 1-pound whole wheat country loaf

GROCERY

- ☐ One 12-ounce bottle red wine vinegar
- ☐ One 4.25-ounce jar grainy mustard
- One 16-ounce box whole wheat penne rigate pasta
- ☐ One 6-ounce bag walnut pieces
- ☐ One 32-ounce container (4 cups) chicken broth

Total Price: \$92.88

(Also, make sure you have these staples on hand: extra-virgin olive oil, salt and pepper.)



Get a new menu planner every week at rachaelraymaq.com/menu.



Herb-Crusted Pork Chops with Broccoli and Onions

SERVES 4 PREP 25 MIN BAKE 25 MIN

- tablespoons extra-virgin olive oil 11/2 cups (about 3 ounces) fresh whole wheat breadcrumbs
- tablespoons chopped flat-leaf parsley
- tablespoons grated parmesan cheese

Four 6-ounce 1-inch-thick boneless center-cut pork loin chops

tablespoons grainy mustard

red onion, thinly sliced bunch broccoli, cut into florets

Salt and pepper

1. Preheat the oven to 425°. Place a greased rack on a foil-lined baking sheet. In a large nonstick skillet, heat 2 tablespoons olive oil over medium-low heat. Add the breadcrumbs and toast, stirring, for 6 to 8 minutes. Transfer to a bowl to cool; stir in the parsley and cheese.

2. Brush the pork with the mustard and coat with the breadcrumb

mixture. Arrange on the rack and bake until cooked through but still juicy, 20 to 25 minutes.

3. Meanwhile, in a clean skillet, heat the remaining 1 tablespoon olive oil over medium-high heat. Add the onion and cook, stirring occasionally, until slightly softened, about 3 minutes. Add the broccoli, season with salt and pepper and toss. Add ½ cup water, cover and simmer, stirring occasionally, until crisp-tender, 2 to 3 minutes. Serve with the chops.

Creamy Asparagusand-Ham Soup

SERVES 4 PREP 15 MIN COOK 25 MIN

- 2 tablespoons extra-virgin olive oil
- 8 ounces boneless ham steak, cut into ¼-inch cubes
- 1 leek, white and light green parts only, thinly sliced and rinsed well
- 3 cloves garlic, thinly sliced
- 2 small red-skinned potatoes (4 to 5 ounces total), peeled and cut into ½-inch cubes
- 4 cups chicken broth

Salt and pepper

1½ bunches asparagus (about 1½ pounds), cut into ½-inch pieces

One 6-ounce container plain yogurt

- 1/4 whole wheat country loaf, for serving
- 1. In a large dutch oven, heat the olive oil over medium-high heat; add the ham and cook, stirring, until golden, about 5 minutes. Using a slotted spoon, transfer the ham to a plate. Add the leek and garlic to the pot and cook until tender, about 2 minutes. Stir in the potatoes and chicken broth and bring to a simmer; season with salt and pepper. Cook until the potatoes are almost tender, 8 to 10 minutes. Stir in the asparagus and cook until tender, about 5 minutes. Remove from the heat. 2. Scoop out ½ cup asparagus pieces and set aside for garnish. Using a blender and working in batches, puree the soup. Return the soup to the pot, whisk in the yogurt and season with salt and pepper. Ladle the soup into bowls, sprinkle the ham and asparagus pieces on top and serve with the bread.

> maximize it! ...

cook a handful of ham with the asparagus and potatoes and puree along with the vegetables for a meatier soup.

BLANCH ½ cup asparagus tips in a pan of boiling, salted water to keep them a vibrant green for the garnish.

MAKE extra soup and pack it for lunch.





Steak-and-Potato Salad with Mustard Dressing
SERVES 4 PREP 20 MIN COOK 25 MIN

- 3/4 pound small red-skinned potatoes
- 6 cloves garlic—3 thinly sliced,2 crushed and 1 finely choppedSalt and pepper
- 6 tablespoons extra-virgin olive oil
- 1 tablespoon grainy mustard Grated peel and juice of ½ lemon
- 1/4 whole wheat country loaf, cut into ½-inch cubes (about 3 cups)
- 1 pound skirt steak, cut crosswise into 2 or 3 pieces, at room temperature
- ½ red onion, thinly sliced One 6-ounce bag baby spinach

1. In a saucepan, combine the potatoes and crushed garlic with enough cold water to cover by 1 inch; season with salt. Bring to a boil over medium-high heat and cook until the potatoes are just tender, 20 to 25 minutes. Drain; set aside.

2. Meanwhile, in a large bowl, whisk together 2 tablespoons olive oil, the mustard, lemon peel, lemon juice and finely chopped garlic; season with salt and pepper.

3. In a large cast-iron skillet, heat 3 tablespoons olive oil over medium heat; add the sliced garlic and cook until golden, 1 to 2 minutes. Using a slotted spoon, transfer the garlic to paper towels to drain. Add the bread cubes to the pan, season with salt and pepper and toast, tossing occasionally, until golden, 5 to 7 minutes. Transfer to a plate. 4. Wipe out the skillet. Add the remaining 1 tablespoon olive oil and heat over medium-high heat until hot. Season the steak with salt and pepper, add to the pan and cook, turning once, for 6 to 8 minutes for medium-rare. Transfer to a cutting board and let rest for 5 minutes before thinly slicing against the grain. 5. Quarter the potatoes and add to the vinaigrette, tossing well. Add the onion and spinach, season with salt and pepper and toss again. Divide the salad among plates and top with the steak, garlic slices and croutons.





- virgin olive oil
- ounces boneless ham steak, cut into 1/4-inch cubes
- cups white mushrooms (about 5 ounces), thinly sliced

One 6-ounce bag baby spinach

- 3 cloves garlic
- cup walnut pieces (about 4 ounces), toasted

1 cup of the pasta cooking water, and return the pasta to the pot. Meanwhile, in a large skillet, heat 2 tablespoons olive oil over high heat. Add the ham and cook, stirring, until golden, about 3 minutes. Push the ham to the

side, add the mushrooms and cook,

stirring, until lightly colored, about

- juice and remaining 1/4 cup olive oil; season with salt and pepper. Process to form a paste.
- 4. Add the walnut pesto and ½ cup of the reserved pasta water to the pasta; toss to coat thoroughly. Stir in the ham mixture, adding more pasta water if needed; season with salt and pepper.





Roast Chicken with Panzanella

SERVES 4 PREP 20 MIN ROAST 45 MIN

One 5- to 6-pound chicken 3½ tablespoons extra-virgin olive oil

Salt and pepper

- 1/4 whole wheat country loaf, cut into ½-inch cubes (about 3 cups)
- 1 pint grape tomatoes, halved
- 1/4 red onion, chopped
- 1/4 cup chopped flat-leaf parsley
- 1 clove garlic, finely chopped
- 3 tablespoons red wine vinegar

Preheat the oven to 450°. Place the chicken breast side down on a work surface. Using kitchen shears, cut along both sides of the backbone; pull out and discard. Open the chicken like a book and flip skin side up. Press on the breast until the bone cracks. Pat dry. 2. Place a large, ovenproof skillet over medium-high heat until hot. Rub the chicken all over with 1½ teaspoons olive oil; season well with salt and pepper. Place the chicken breast side up in the skillet; transfer to the oven and roast until the skin is crisp and golden and an instant-read thermometer registers 165° when inserted into the thigh, 40 to 45 minutes. Let rest for 5 minutes before carving. 3. Meanwhile, spread the bread

lightly golden, 10 to 12 minutes.

4. In a large bowl, combine the tomatoes, onion, parsley, garlic, remaining 3 tablespoons olive oil and the vinegar; season with salt and pepper. Add the bread cubes and toss. Serve the chicken on top of the bread salad.

cubes on a baking sheet; toast until

- maximize it!

ADD olives and cubes of mozzarella cheese to the panzanella and serve as a light lunch.

SMEAR a paste of garlic and herbs under the chicken skin before roasting.

PAT the chicken dry before roasting to give it crispier skin.

Orange You Glad It's Chicken?

We translated the French classic duck à l'orange into a quick weeknight favorite the whole family will love.

BY TRACEY SEAMAN | PHOTOGRAPH BY MARCUS NILSSON

Cluck à l'Orange

SERVES 4 PREP 15 MIN COOK 20 MIN

Four 6- to 8-ounce skinless, boneless chicken breast halves Salt and pepper

- tablespoons flour
- tablespoons extra-virgin olive oil
- large shallot, finely chopped 1⅓ cups chicken broth
- oranges, 1 juiced and 2 sliced crosswise ¼ inch thick
- 2 tablespoons honey
- tablespoons butter

1. Season the chicken with salt and pepper and dust with the flour. In a large, heavy skillet, heat 2 tablespoons olive oil over medium heat. Add the chicken and cook, turning once, until cooked through, 8 to 10 minutes; transfer to a plate.

2. Add the remaining 1 tablespoon olive oil and the shallot to the pan and cook, stirring, for 2 minutes. Pour in the chicken broth and bring to a boil; lower the heat and simmer until reduced by twothirds. Add the orange juice and

honey and season with salt. Return the chicken and any juices to the pan to reheat, turning. Transfer the chicken to a cutting board and thinly slice each breast on the diagonal, reserving the skillet. 3. Arrange the chicken on a plate

and fan the orange rounds on top. Stir the butter into the skillet sauce and spoon over the chicken.



Please Your Picky Eaters

Here are three easy variations on this recipe to keep everyone in your household happy.

- Simply serve orange wedges on the side if your kids are freaked out by the idea of chicken topped with orange slices.
- Bored with chicken? Use a lightly flavored, buttery fish like tilapia or snapper instead.



Why it's our family favorite For the Burmeisters of

Roseburg, Oregon, meals need to be tasty enough to appeal to the kids-15-year-old Nathaniel and 9-year-old Lily—yet healthy enough to keep Nathaniel's type 1 diabetes under control. This month's Cluck à l'Orange met mom Eileen's nutritional standards (it's a good source of low-fat protein and is flavored with only a bit of honey, plus fresh orange juice), and it earned raves from the rest of the clan, too. "The kids loved the sweet orange taste, and my husband said it was the most tender chicken he'd ever tasted-I've already gotten direct orders to make it again and again," Eileen says.

-SARAH ZORN



OOD STYLING BY CYD RAFTUS MCDOWELL; PROP STYLING BY ROBYN GLASER. ILLUSTRATION BY CHRIS KALB.



THE OCCASION JUST GOT SPECIAL.



COOKING

GREAT FOR

Cream of Mushroom

SOUP **

It's amazing what soup can do."

recipes for real life









Meet the Flavor

Doctors Did you know your spice rack can double as a medicine cabinet? Thyme, cinnamon, bay leaves and nutmeg are all packed with antioxidants that fight disease and keep you looking young. Use them to punch up soups, egg dishes and marinades. For inspiration, check out Rach's healthiest-ever

30-Minute Meals on the next page. Eat well, be well!

PHOTOGRAPH BY LEVI BROWN; FOOD STYLING BY VICTORIA GRANOF; PROP STYLING BY RICHIE OWINGS FOR HALLEY RESOURCES. ILLUSTRATIONS BY CARLOS APONTE.

MINUTE MEALS

Saffron-Infused Fra Diavolo Sauce and Tagliatelle

Crunchy Pepper-and-Parm-Crusted Halibut with Cherry Tomato-Basil Sauce

Whole Wheat Spaghetti with Anchovies and Kale

Salmon with Pink Lentil Salad

Spring Rice Pilaf with Vegetables, Arugula and Cheese

Whole Grain Waffles with Cheddar and Maple-Apple Sauce

Smoky Buffalo-Style Chicken or Turkey Chili Bowls

Sliced Steak Salad with **Bloody Mary Vinaigrette**

Hold-the-Mayo Tuna Melts with Fennel and Onion

Mushroom-and-Kale Barley Soup

Get Rachael's 30-Minute Meals rachaelraymag.com/30.

It's the Good for You issue, so I'll say it again: Everything in moderation. I don't believe in diet meals—I believe in good, balanced, whole-food eating. I was raised on a Mediterranean diet, so I often cook with EVOO, grains and

lean meats. These are a big part of my lifestyle, and therefore a constant in my recipes. "Good for you" doesn't have to mean "boring." For example, check out the Buffalo-style chili bowls (page 97), saffron-infused pasta (page 93), tuna melts (page 99), you name it! Have fun with these 30-Minute Meals.



Saffron-Infused Fra Diavolo Sauce and Tagliatelle

SERVES 4

- 1 cup chicken stock
- A good pinch saffron threads (20 to 24 threads)
- 2 tablespoons EVOO (extra-virgin olive oil)
- 1 fresh chile pepper, such as red cherry or fresno, finely chopped
- 4 cloves garlic, chopped or grated
- 2 shallots, finely chopped
- 1 tablespoon chopped fresh thyme

Salt and pepper

A generous splash dry sherry One 28-ounce can italian tomatoes A few leaves basil, torn

- 1 pound seafood (I use butterflied medium shrimp and small pieces of whitefish or flaked crabmeat)
- 1 pound egg tagliatelle or other long-cut pasta of choice

Place a large pot of water on to boil for the pasta. Place the chicken stock and saffron in a small pot, bring to a bubble, lower the heat and simmer gently.

In a large skillet, heat the EVOO, 2 turns of the pan. Add the chile pepper, garlic, shallots and thyme; season with salt and pepper. Cook over medium heat, stirring to soften, for 5 minutes. Stir in the sherry, then add the tomatoes and crush with a masher or spoon. Add the saffroninfused stock and the basil and bring to boil over high heat. Lower the heat to medium and cook until the sauce is reduced, 10 to 12 minutes. Add the seafood, cover the pan and cook the seafood through, 3 to 5 minutes.

Just before you add the seafood to the skillet, salt the pasta water, add the pasta and cook until al dente. Drain the pasta and toss with the sauce to combine. Serve in shallow bowls.





Salmon with Pink Lentil Salad

SERVES 4

- 1 cup pink lentils Four 8-ounce salmon fillets 1½ cups white wine
- 2 bay leaves
- A few sprigs dill and parsley, tied with twine, plus a couple of tablespoons chopped
- 1 lemon, sliced, plus the juice of 1 lemon

Salt and pepper

- 1 rounded teaspoon dijon mustard About ¼ cup EVOO (extra-virgin olive oil)
- $\frac{1}{2}$ red onion, finely chopped
- 1/3 seedless cucumber, finely

Warm crusty french rolls and butter, for serving

Preheat the oven to 350°. Place the lentils in a medium saucepan with 3 cups water. Bring to a boil and cook over medium-low heat until just tender but with a bite remaining, 8 to 10 minutes; drain.

Place the salmon in a shallow, ovenproof skillet with the wine, bay leaves, dill and parsley sprigs and sliced lemon; season with salt and pepper. Add enough water to just come to the top of the fish, but do not cover. Bring to a boil, then transfer the salmon to the oven and poach until opaque, about 15 minutes.

In a large bowl, combine the lemon juice with the mustard. Whisk in the EVOO and season with salt and pepper. Add the chopped dill and parsley, the onion, cucumber and lentils; toss to combine.

Remove the fish from the poaching liquid. Serve the salmon fillets with the lentil salad, rolls and butter.

Spring Rice Pilaf with Vegetables, Arugula and Cheese

SERVES 4

- 2 tablespoons butter
- 1/2 cup orzo pasta or broken spaghetti
- 1 tablespoon EV00 (extra-virgin olive oil)
- bunch asparagus, trimmed and chopped into 1-inch pieces on an angle
- 1 carrot, cut into short matchsticks
- 2 shallots, chopped
- 2 cloves garlic, chopped

Salt and pepper

 $2\frac{1}{2}$ cups chicken or vegetable stock

- 1 cup long-grain white rice
- 1 tablespoon lemon zest, plus the juice of ½ lemon
- 1 tablespoon chopped fresh thyme
- 1 bunch arugula, chopped

About 1 cup grated parmigianoreggiano cheese

Melt the butter in a medium pot over medium-high heat. Add the pasta and cook until nutty and deep goldenbrown.

Add the EVOO, 1 turn of the pan, then the asparagus, carrot, shallots and garlic; season with salt and pepper. Cover and cook to sweat the vegetables a bit, stirring occasionally, for 5 minutes. Stir in the stock, rice, lemon zest, thyme and browned pasta and bring to a boil. Cover the pot, lower the heat and simmer until the rice is just tender, 16 to 18 minutes. Fold in the arugula, then stir in the lemon juice and cheese.









- tablespoons EVOO (extra-virgin olive oil)
- pounds ground chicken or turkey breast
- carrots, chopped
- 3 to 4 stalks celery with leafy tops, finely chopped
- onion, chopped
- 4 cloves garlic, chopped or grated Salt and pepper
- small can chipotle chiles in adobo sauce

One 15-ounce can tomato sauce

2 cups chicken stock

3/4 cup blue cheese crumbles

About a palmful pickled jalapeño chile pepper rings

Heat the EVOO, 2 turns of the pan, in a soup pot over medium-high heat. Add the meat and cook to brown, stirring to crumble. Add the carrots, celery, onion and garlic; season with salt and pepper. Cook over medium heat, stirring occasionally, until the vegetables are softened, 10 minutes or so.

Place the chipotles and adobo sauce in a food processor or blender and puree. Spoon 2 rounded tablespoons into a small bowl and combine with

bag and freeze-the next time you need chipotle, just cut off a piece.)

When the vegetables are tender, stir in the chile-tomato sauce and chicken stock. Simmer for a few minutes to thicken and combine the flavors.

Meanwhile, switch on the broiler and position a rack in the center of the oven. Arrange 4 bowls on a baking sheet and fill with the buffalo chili. Top with an even layer of the tortilla chips, cheeses and jalapeño rings. Broil for a couple of minutes to brown the cheese and crisp the chips. (Better than a basket of wings, and better for you!)



Hold-the-Mayo Tuna Melts with Fennel and Onion

SERVES 4

1 large clove garlic, minced or grated

Juice of 1 lemon

1/4 cup EVOO (extra-virgin olive oil)
Salt and black pepper

- 1 large red onion, ¼ finely chopped and the rest thinly sliced
- bulb fennel—quartered and thinly sliced, reserving a small handful of finely chopped fronds

Three 6-ounce cans line-caught tuna, drained and flaked

- 3 tablespoons capers, chopped A small handful oil-cured black or kalamata olives, pitted and chopped
- A handful flat-leaf parsley, finely chopped
- 4 hand-cut slices good-quality whole grain bread

About 1½ cups shredded italian fontina val d'aosta or provolone cheese

Preheat the oven to 350°. Place the garlic and lemon juice in a bowl and whisk in 3 tablespoons EVOO; season with lots of pepper.

Heat the remaining 1 tablespoon EVOO, 1 turn of the pan, in a medium skillet over medium-high heat. Add the sliced onion and fennel bulb and cook to crisp-tender, 6 to 7 minutes; season with salt and pepper.

Add the tuna to the garlic-lemon dressing. Combine with the finely chopped onion, the capers, olives, parsley and fennel fronds; toss to combine. Divide the tuna among the bread slices and top with the sautéed fennel and onions, then the fontina or provolone. Pop into the oven and bake until the bread is crisp, the tuna is warm and the cheese is melted and lightly browned, about 15 minutes.

Mushroom-and-Kale Barley Soup

SERVES 4

- 1 cup pearl barley
- 1/4 cup EVOO (extra-virgin olive oil)
- pound cremini or mixed mushrooms, sliced
- 1 onion, chopped
- 4 cloves garlic, chopped
- bunch cavolo nero (also called black, tuscan, dinosaur or lacinato kale), stemmed and shredded

Salt and pepper A few grates nutmeg One 32-ounce container (4 cups) chicken or vegetable stock

A handful dried porcini or mixed wild mushrooms

Shaved pecorino-romano cheese, for serving

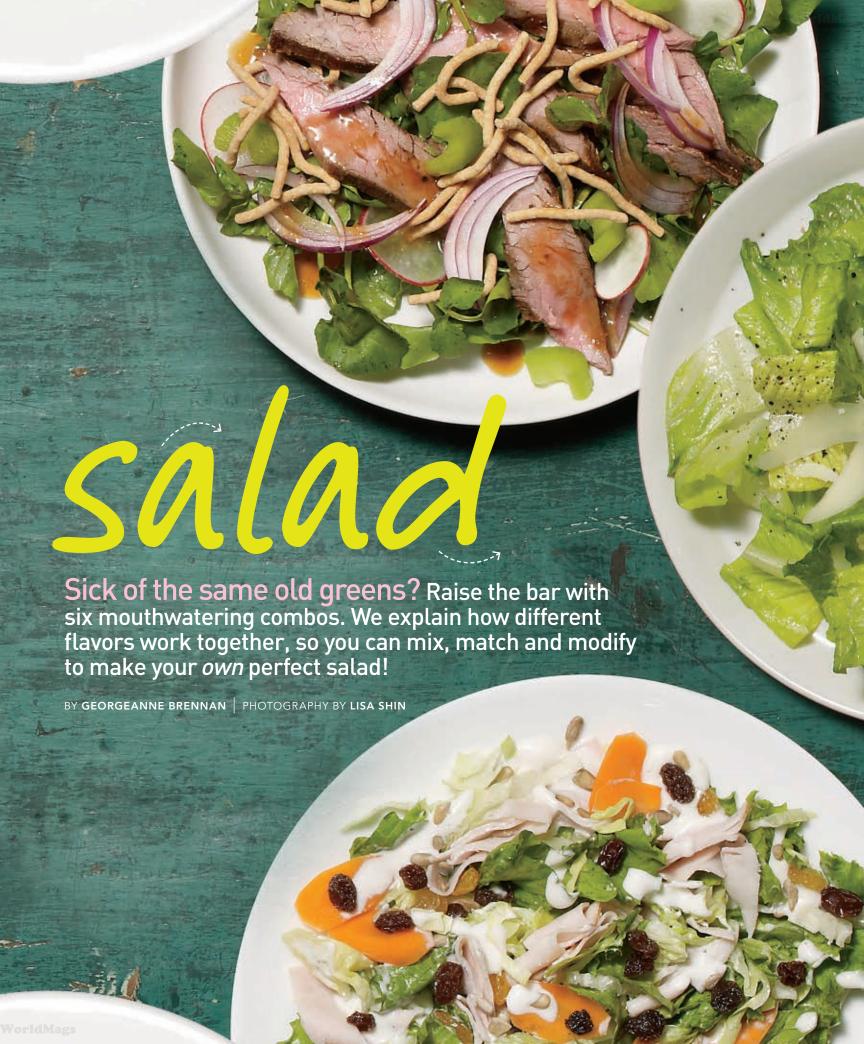
Divide and conquer: Boil the barley separately while you move forward with the soup to get it all done in just under 30 minutes. Bring a medium saucepan of water to a boil, add the barley and boil until just tender, 20 to 22 minutes. Drain and reserve.

Meanwhile, in a soup pot, heat the EVOO, 4 turns of the pan, over medium-high heat. Add the fresh mushrooms and cook until browned, then add the onion and garlic and cook until soft, 12 to 15 minutes total. Add the kale and cook to wilt; season with salt, pepper and the nutmeg. Stir in the stock, a couple of cups water and the dried mushrooms; bring to a boil. Lower the heat to simmer and cook until the dried mushrooms are tender, 7 to 8 minutes. Stir in the reserved barley. Serve the soup in shallow bowls and top with the pecorino-romano.









THIS ONE'S GOT... Plenty of Bite!

Here's a combo for people who like their greens and mix-ins spicy.

Start With Arugula

This peppery green makes an assertive salad base.

Keep It Going Radish & **Red Onion**

Pungent veggie mix-ins build on arugula's strong flavor.

Balance It **Grilled Steak**

Beef's rich flavor and smooth texture complement the sharp-tasting ingredients.

Accent It Crispy **Noodles**

The crunch adds texture for more "bite."

Bring It All Together Worcestershire Sauce & Olive Oil Dressing

This spicy, briny mix works both sides of the dish's flavor profileand brings out the best in all ingredients.



Now you try!

IF YOU LOVE PIQUANT MIX-INS LIKE RADISH AND RED ONION, TRY ADDING OR SWAPPING IN THESE: <----



Pickled jalapeños



Brined



Brined mushrooms



Chopped

THIS ONE'S GOT... SIMPLICITY! With just a few ingredients, each taste comes through distinctly.

Start With **Romaine**

Its mildness lets other flavors shine.

Balance It Parmesan

This rich, smooth cheese contrasts with romaine's low-key flavor.

Accent It Fresh Cracked Pepper

It's a subtle seasoning, so it adds just the right touch of heat.

Bring It All Together **Lemon Juice Vinaigrette**

A slightly tart oil-based dressing like this one is all you need to integrate the dish. A stronger one would overwhelm the other ingredients.



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BIBB LETTUCE, GETTY IMAGES; ENDIVE, RED-LEAF LETTUCE AND BOK CHOY, ISTOCKPHOTO.COM

EXCITIVA ACCEPTS. With subtle basic ingredients, the sprinkling of cheese takes center stage.

Start With Spinach

Raw spinach makes a mild base.

Keep It Going Hard-Cooked Egg

This bland but hearty protein blends with the simple flavor of the dark green veggie.

Accent It **Parmesan**

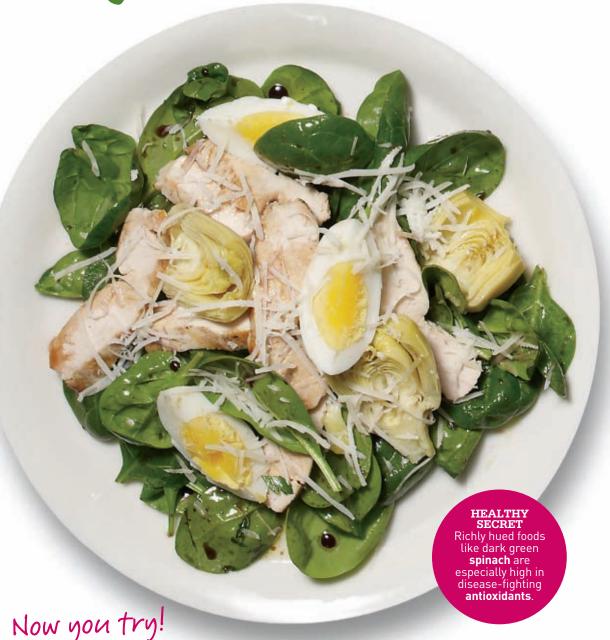
Its attention-getting saltiness works to heighten the other flavors.

Artichoke Hearts

This tangy mix-in elevates excitement.

Bring It All Together Balsamic **Vinaigrette**

This salad has a lot going on, so a lightly sweet dressing brings out the best in all of the contrasting ingredients.



Now you try!
YOU'RE A FAN OF PARMESAN? GIVE THESE STRONG CHEESES A WHIRL INSTEAD: <-----









Pecorinoromano

padano

THIS ONE'S GOT...

International Flavor! Assertive Asian notes perk up a variety of crunchy textures.



Start With **Bean Sprouts,** Carrots & **Scallions**

The dish is built on plenty of crunch.

Balance It Chicken & **Rice Noodles**

This neutral meat and starch won't compete with packa-punch ingredients.

Accent It Cilantro & Basil

Herbs like these add exotic zestiness.

Peanuts

Their richness gives another dimension to the crunch factor.

Bring It All Together **Ginger-Soy** Dressing

A sweet-and-salty combo is the classic finishing touch for an Asian-style salad.

Now you try!

YOU CAN GET NUTTY CRUNCH BY SWAPPING IN ONE OF THESE:



THIS ONE'S GOT...

Substance and Style! Here, the combination is hearty and filling, with plenty of flair.

Start With Whole Wheat **Pasta**

A whole grain base provides a simple background for stronger flavors.

Keep It Going Tuna

Like the pasta, it's both substantial and mild.

Accent It **Parsley**

A bright-tasting herb like this one perks up a dish.

Olives

This mix-in adds rich saltiness.

Bring It All Together Red Wine Vinaigrette

A bright and tangy dressing increases the overall amount of flavor.

HEALTHY SECRET Whole grains are a good source of folate, a nutrient that helps fight depression.



Now you try!
IF YOU LIKE EARTHY, SATISFYING WHOLE WHEAT PASTA, YOU COULD SWAP IN:



THIS ONE'S GOT...

All-American Appeal! Old-time ranch dressing pulls together well-loved foods.

Start With Iceberg & Green-Leaf Lettuce

These mild favorites are salad's version of comfort food.

Keep It Going Turkey

Poultry offers another simple, familiar flavor.

Sweet mix-ins add to the hometown feel.

Sunflower Seeds

Create crunch with this ingredient.

Accent It Bring It All Together Carrots & Raisins ------> Ranch Dressing

The rich tanginess complements the sweetness, while the creaminess balances out the crunch.



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For less than \$2 per person, we found delicious ways to dress up naturally healthy ingredients. You'll feel fitter just sitting down to these meals.

BY VIVIAN JAO



Indian Pizza

SERVES 4 PREP 25 MIN BAKE 20 MIN

- pound store-bought whole wheat pizza dough, at room temperature
- 1/4 bunch cilantro, chopped
- large jalapeño chile, seeds discarded, chopped
- 1/4 cup extra-virgin olive oil
- Salt

Curry and jalapeños deliver a punch, so you can use a lot

less cheese and

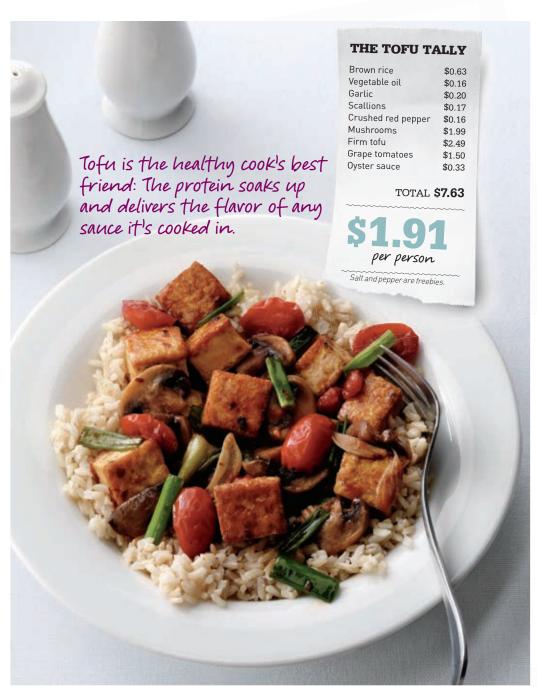
still be satisfied.

- ounces mozzarella cheese, shredded (about 1 cup)
- 1½ teaspoons curry powder
- ½ pound ground dark-meat turkey
- 1 zucchini, halved lengthwise and cut crosswise ¼ inch thick
- 1/4 large red onion, sliced

- 1. Invert a 13-by-18-inch baking sheet onto the bottom of the oven. Preheat the oven to 500°. Oil a second baking sheet and stretch the pizza dough to fit the pan.
- 2. In a mini food processor, pulse the cilantro, jalapeño and 2 tablespoons olive oil until a paste forms; season with salt. Spread the paste on the dough, then sprinkle with the cheese.

 3. In a medium skillet, heat the remaining 2 tablespoons olive oil over medium heat. Add the curry powder and cook, stirring, for 30 seconds. Add the turkey, season with salt and cook, breaking up the meat, until just barely cooked, about 2 minutes. Stir in the zucchini and onion. Top the pizza with the meat mixture. Place the baking sheet on the preheated baking sheet in the oven and bake until the crust is golden, about 20 minutes.





Spicy Tofu, Mushroom and Tomato Brown Rice Bowl

SERVES 4 PREP 10 MIN COOK 45 MIN

1½ cups long-grain brown rice, rinsed

- 1/4 cup vegetable oil
- 3 cloves garlic, sliced
- 2 scallions, cut into 1-inch pieces, white and green parts separated
- 1 teaspoon crushed red pepper
- 8 ounces mushrooms, sliced

Salt and black pepper

One 14-ounce container firm tofu, cut into 1-inch cubes

- ½ pint grape tomatoes, halved lengthwise
- 2 tablespoons oyster sauce
- 1. In a medium saucepan, combine the rice and 2¼ cups water over medium-low heat.

Cover and cook until the water is absorbed, 40 to 45 minutes. Fluff with a fork.

2. Meanwhile, in a large nonstick skillet,

- heat 2 tablespoons oil over medium-high heat. Add the garlic, scallion whites and crushed red pepper and stir until fragrant. Add the mushrooms and season with salt and black pepper. Cook until the mushroom liquid evaporates, about 3 minutes. Transfer the mixture to a plate.
- 3. Add the remaining 2 tablespoons oil and the tofu to the pan and cook until golden on one side, then toss to brown throughout, about 3 minutes. Push the tofu to the side of the pan and add the tomatoes and oyster sauce. Cook until the tomatoes begin to soften, about 1 minute. Return the mushrooms to the pan and stir in the scallion greens. Serve with the rice.



Quick Tilapia in Parchment

SERVES 4 PREP 20 MIN BAKE 10 MIN

11/2 cups frozen corn

- 2 ounces sugar snap peas, halved
- 3/4 teaspoon grated lemon peel, plus1½ teaspoons fresh lemon juice

Salt and pepper

Four 4-ounce tilapia fillets

- 1½ teaspoons Old Bay seasoning
- 2 tablespoons extra-virgin olive oil
- 1. Preheat the oven to 425°. Cut out four 12-by-15-inch pieces of parchment. In a bowl, combine the corn, sugar snap peas and lemon peel; season with salt and pepper. Divide the mixture among the parchment pieces and top with the fish. Season the fish with the Old Bay, then the olive oil and lemon juice.
- 2. Bring together the long sides of the parchment and fold over twice, then tuck the short sides under to form a pouch. Transfer the pouches to a baking sheet and bake until the fish is just opaque, about 10 minutes. Transfer to a plate.

THE FISH TAB

Frozen corn \$0.56 Sugar snap peas \$0.75 Lemon \$0.13 Tilapia fillets \$6.99 Old Bay seasoning \$0.08 Extra-virgin olive oil \$0.31

TOTAL \$8.82

\$2.21 per person

Salt and pepper are freebies.

Pouch
cooking seals
in juices. It's
an easy way
to cook lean
fish without
a lot of
added fat.



1. In a dutch oven, heat the oil over medium-high heat. Add the celery and onion and cook, stirring occasionally, until softened, about 5 minutes; season with salt and pepper. Add the flour and cook, stirring often, for 5 minutes. Add the swiss chard stems and cook for 1 minute. Stir in the barley and 6 cups water and bring to a boil. Lower the heat, cover and simmer until the barley is just tender, about 30 minutes.

2. Working in batches, add the spinach, escarole, parsley and swiss chard leaves, stirring the greens until wilted between each addition. Season with salt and pepper.

Vegetable oil	\$0.16
Celery	\$0.33
Onion	\$0.69
Flour	\$0.03
Swiss chard	\$1.25
Pearl barley	\$0.52
Baby spinach	\$2.99
Escarole	\$1.00
Fresh parsley	\$0.25

TOTAL \$7.22

\$1.81 per person

Salt and pepper are freebies.

This stick-to-your-ribs stew is a hearty source of fiber and a great way to get in your greens.





New Philly Cooking Creme

Stir in a little Philly Cooking Creme. You'll turn ordinary into awesome with bold new flavors and the creamy goodness of Philly.



Find more flavor at cookphilly.com

Find it in the cream cheese section.



the go-to guide for a good time

every day parties 5 Inspiring Brunch Ideas

Forget the dinner party: Its midday counterpart can pack just as much flavor and fun-





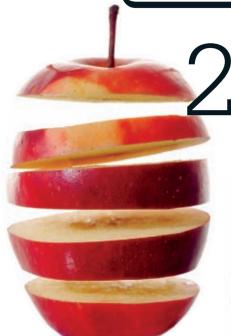
Grow some fun.

Create a centerpiece that's springy and delicious: Stud a small planter of wheatgrass with lollipops in bright colors. You can even write a guest's name on each wrapper for easy grabbing.





more inspiring SPRING BRUNCH IDEAS



plan your prep time

For a dinner party, you theoretically have all day to prepare, but brunch can start as early as 9 a.m. (or as late as 2 p.m.). The trick? A little planning. Gale Gand, author of *Gale Gand's Brunch!*, recommends shopping two days before the party and prepping the day before. Also, lighten the day-of load by serving dishes that can be cooked in advance: Two of Gand's favorites are strata and baked apple french toast.



pick easy apps

Save time with store-bought favorites. Event planner Liz Seccuro, of Alexandria, Virginia's Dolce Parties, swears by the cheese puffs (or *gougères*) in Trader Joe's freezer section. "Who wants to make a cheese puff? Nobody. Who wants to eat a cheese puff? Everybody," she says. (She suggests melted apricot jam for dunking.) Gand hits Asian grocery stores for chicken-and-scallion pot stickers. "They're kid-friendly, and great on a buffet," she says. She makes a dipping sauce of soy sauce and rice wine vinegar with a drop of toasted sesame seed oil.

include everyone

Even most meatless brunch items contain eggs or cheese, which won't appeal to vegans, so know the dietary preferences of your guests before devising the menu. "There should be something good for every quest, whether he's a vegan, vegetarian or carnivore," Seccuro says. For a please-'em-all main, Seccuro loves spinach-and-mushroom risotto served with a small dish of grated parmesanvegetarians can use it, but vegans can pass.



mix hot and cold dishes

Befitting its name, brunch fare can encompass a wide range of dishes, from coffee and pastries to waffles and spiral-sliced ham. Gand says to round out low-fuss, room-temperature dishes (like berry bread pudding and oatmeal-apple scones) with one last-minute hot item (check out our Asparagus-Leek Frittata on the next page). For lunchoriented items, gingerglazed shrimp with orzo is great at room temperature.

cool ideas! KEEP THE KIDS HAPPY

These just-for-them touches will keep 'em smiling for hours.

- Serve virgin cocktails and pitchers of juices on a "kids-only" bar.
- Indoors, Seccuro suggests rolling out craft paper atop a table with markers and stamps.
- For Easter, set up an egg hunt. Gand buys baby watermelons, paints them white, then hides them. "The kids think they've found a dinosaur egg!" she says.

CROWD-PLEASING

- Get a little more creative than bloody marys and mimosas. Gand creates cocktails that start with the same letter and therefore sound good together, such as Pomegranate Prosecco, a combination of pomegranate juice, prosecco, cucumber and mint.
- For nonalcoholic drinks, Seccuro flavors lemonade with fresh blueberries or strawberries that she's pureed with simple sugar syrup. She pours the drinks into large glass containers with spouts for easy service.



try this recipe:

Asparagus-Leek Frittata

Preheat the oven to 400°. In a 10-inch, ovenproof nonstick skillet, heat 2 tablespoons butter over medium heat. Add 3 thinly sliced leeks and cook, stirring frequently, until softened, about 5 minutes; season with salt. Stir in 1 bunch asparagus, halved lengthwise and cut into 1-inch pieces; cover and cook until crisp-tender, 3 to 5 minutes. In a large bowl, whisk 10 eggs with 1/2 teaspoon salt and 1/4 teaspoon pepper. Stir in 5 ounces crumbled soft goat cheese. Pour over the vegetables in the skillet, arranging the asparagus and leeks evenly. Bake in the oven until the eggs are set, about 15 minutes. Meanwhile, in a small bowl, combine 1/3 cup sour cream, 2 ounces goat cheese and 3 tablespoons chopped fresh chives; season with salt and pepper. Run a rubber spatula around the inside edge of the skillet and slide the frittata onto a cutting board. Slice into 6 wedges. Transfer to plates and serve with a dollop of the herbed goat cheese mixture and more chopped chives.

music to brunch by:

- "Realize," Colbie Caillat
- "Una Notte da Napoli,"
 Pink Martini
- "Breathe Me," Sia
- "As," Stevie Wonder
- "More Than This," Roxy Music
- "Walking in Memphis,"
 Marc Cohn
- "Shelter from the Storm,"
 Bob Dylan
- "American Hearts,"
 A. A. Bondy
- "Always a Friend,"
 Alejandro Escovedo
- "River," Joni Mitchell





Would a few hundred dollars persuade you to clean your garage?

That's how much you could expect to clear if you host what we like to call "the new tag sale party." Think of it as an opportunity to get together with friends, meet new ones, share some tasty snacks—and make a little cash.

Thought tag sales were floralchina-filled affairs? To prove otherwise, we enlisted some folks from Brooklyn Flea (brooklynflea.com), an über-hip market that attracts up to 8,000 bargain hunters each weekend, to help us pull off a successful sale that feels like a fun gettogether. (The secret to the Flea's success: People flock there for the "social scene, neighborhood setting and amazing food," says co-founder Eric Demby.)

Your sale will feel like a party, too, once you make room for friends to peddle their own wares. So roll up your sleeves and start seeing all that old stuff in a new light. After all, that starship-shaped lava lamp you're ready to trash could be some Trekkie's treasure.

Crazy Deals

You Sold

You wouldn't believe some of the weird. wacky and just plain fabulous things that have changed hands. So dream big—the items below prove you really can sell anything.



Valerie Bowers-Coombs of Kings County Salvage

OLD-FASHIONED **CASH REGISTER**

typewriter-style machine from the early 20th century to a high-end Manhattan barber in exchange for three haircuts and a shave for her husband.

WENT FOR the equivalent of \$180

TAXIDERMIC SKUNK

Pepé Le Pew was snapped up by a "taxidermy enthusiast" who asked Bowers-Coombs to keep her eye out for other small rodents, including the elusive (who knew?) chipmunk.

WENT FOR \$35



A merchant marine's "trophy," this Victorian-era dorsal fin perched atop a piece of wood was "so cool I almost didn't want to sell it," he says.

WENT FOR \$250

TURN-OF-THE-CENTURY **DENTIST'S CHAIR**

"It looked like something you'd be put to death in," Goodman says of the cast-iron recliner he picked up at the estate sale of a dentist.

WENT FOR \$300

Lionel Bernard

PIECE OF GARBAGE One day he unloaded a "dirty, balled-up rug" he was planning to trash. "A lady said, 'I'll give you \$100 for that.' I said, 'Seriously? How about \$50?' But she insisted. This is still boggling my mind."

WENT FOR \$100

4 Tips to Unload All Your Stuff

Find every item a home—
even those weird figurines
—COURTNEY BALESTIER

insider's tip

Put It All Out

Assess ruthlessly what to keep and what to sell. Even sentimental items can go. "It's amazing how you can think you're attached to something, then it's gone and it never crosses your mind again," Demby says. If you're on the fence about keeping something, it'll probably sell.







Create a Pile o' Bargains

Trying to get rid of random stuff? Arrange like items into attractive piles and put unrelated items in bins. "People love picking through stuff and feeling like they're going to discover something," Demby says. Use signs to play up bargains ("CDs for \$1!" "All linens \$2!"), and watch the small deals add up.



Rack Up Big Sales

For your big-ticket items, set up to impress. Make sure quality items are set apart, in an eye-catching display with prices clearly marked. "If you have two nice things in with 20 rusty things, you're going to have a hard time getting more than \$2 for your nice things," Demby says. For clothing, appearance counts, so get a rack. "If you lay clothes on the ground, people think they're garbage," he says.





insider's tip

Be Bold with Prices

Start at double what you actually want to get—it's not uncommon for tag-sale buyers to offer half price straight out. "You're building in a discount, so people feel like they're getting this insane deal and that they're good negotiators," Demby says. And, he adds, people love bundles of things: "It's like, 'I'm getting this whole set for \$5!" Group together logical items, like teacups or linens.



The average amount a one-day tag-sale host can expect to make Source: yardsalesearch.com

Ideas to Steal from the Pros

Yes, the Brooklyn Flea crew makes it all look easy, but it's also not that hard to re-create at home. See what we mean below.

What Brooklyn Flea Does

What You Can Do

- Gathers hundreds of antiques, art, clothing, crafts, furniture, jewelry, music and other vendors
- \rightarrow

Gather friends with funky, offbeat stuff, as well as crafty types looking to sell their wares.

Brings in dozens of artisanal food vendors

 \rightarrow

Make our four scrumptions recipes on the next page.

- Sets up at two outdoor venues from April through November, then indoors in the winter
- \rightarrow

Turn your backyard into a market with folding tables and clothing racks.

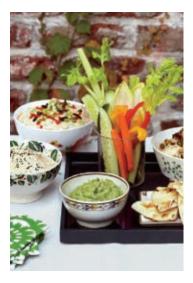
- Gets free publicity in the national press (ahem)
- \rightarrow

Advertise your event on free sites like craigslist.org and yardsalesearch.com.

Hosts every weekend

 \rightarrow

Host every April, when you're ready to spring-clean.









Win-Over-the-Crowd Recipes

This sale's *real* hot-ticket items? Your snacks! Be a true one-stop shop and offer this sampling alongside all the purses, toys and dishware. Sell 'em to shoppers, share 'em with vendors, and don't forget to save a couple of bites for yourself.

Basic Hummus

MAKES 3 CUPS PREP 15 MIN

Two 15-ounce cans chickpeas,

- ½ cup tahini
- 1 tablespoon fresh lemon juice
- 1 clove garlic, finely chopped Salt and pepper
- 1/4 cup pistachios, toasted and chopped

Extra-virgin olive oil, for drizzling Pita triangles, carrot sticks, celery sticks, endive spears, cucumber spears and sliced bell peppers, for dipping

In a food processor, blend the chickpeas, tahini, lemon juice, garlic and ½ cup water until smooth; season with salt and pepper. Transfer to a bowl and top with the pistachios and a drizzle of olive oil. Serve with the pita triangles and vegetables. VARIATIONS:

For these variations, make the basic hummus without the pistachios and olive oil.

* Mix 1½ cups Basic Hummus with 2 tablespoons toasted black sesame seeds, 1 teaspoon

- toasted sesame oil and 1 teaspoon tamari.
- * Mix 1½ cups Basic Hummus with ¼ cup each chopped scallions, celery, black olives and red bell pepper; season with salt.
- * Mix 1½ cups Basic Hummus with 1 cup coarsely chopped cilantro and 1 additional finely chopped garlic clove; season with salt.

Deviled Eggs with Shrimp

SERVES 6 PREP 25 MIN

- 12 hard-boiled eggs, halved
- 1/3 pound frozen cooked shrimp, thawed and chopped
- ⅓ cup mayonnaise
- 1/4 cup greek-style yogurt
- 1 tablespoon finely chopped fresh dill
- 1 tablespoon fresh lemon juice Salt
- 1. Remove the egg yolks from the egg whites and place in a bowl. Mash the yolks and stir in the shrimp, mayonnaise, yogurt, dill and lemon juice; season with salt.
- 2. Spoon the yolk mixture into the egg white halves.

Chocolate-Dipped Fruit

SERVES 6 PREP 20 MIN COOK 5 MIN

- I cup heavy cream
- ounces dark chocolate, chopped
- 1 pint strawberries
- 3 tangerines, peeled
- 2 mangoes, peeled and cut into1-inch pieces

Half of an angel food cake, cut into 1-inch cubes

- 1. In a small saucepan, heat the cream over medium heat until it just begins to simmer. Add the chocolate and let sit for 1 minute. Whisk until smooth.
- 2. Serve the chocolate sauce with the strawberries, tangerines, mangoes and cake for dipping.

Shortbread Bites

MAKES 60

PREP 20 MIN (PLUS CHILLING) BAKE 1 HR

- 2 cups flour, plus more for dusting
- ½ pound unsalted butter, cut into ½-inch cubes, firm but not cold

- ½ cup superfine sugar
- 2 tablespoons cornstarch
- 3/4 teaspoon salt
- 1. Line 3 baking sheets with parchment and dust 1 with flour. Using an electric mixer on low speed, beat together 2 cups flour, the butter, sugar, cornstarch and salt until the dough just comes together, about 2 minutes. Do not overbeat.
- 2. Transfer the dough to the floured baking sheet and press into an 8½-inch square about ½ inch thick. Refrigerate until firm, about 30 minutes. Prick the dough all over with a fork. Cut into 1-by-1-inch squares and refrigerate until cold, about 15 minutes.
- 3. Position a rack in the center of the oven and preheat to 275°. Divide the cookies among the remaining 2 prepared pans and bake 1 pan at a time, keeping the other refrigerated, until the bottoms of the cookies are golden, 30 to 35 minutes; let cool completely.

Your Friends: Secret Sales Weapons!

Think you're crazy about your buddies now? Just wait till you've helped each other make some serious cash. Show a little love and show off good salesmanship by inviting these types in particular.

The Stylist

It's tough to be objective about your own stuff. A trusted friend can help decide what stays and goes, and how much things are worth. The ideal candidate is **organized**, **decisive and patient**—hey, your lunchbox collection wasn't made overnight; you deserve a few moments to say goodbye.

The Fist Bumper

Successful selling is all about the energy you bring, says Lionel Bernard of vintage clothing vendor Nenenin155. He attributes about 50 percent of his sales to the friendly rapport he has with customers. Enlist a gregarious cohort who can crack jokes, steer people toward items they'll love and generally work the crowd.

The Traffic Cop

The beauty of hosting a tag sale with friends: All your other buds will show up. But a clubby throng could make other buyers feel overwhelmed—or like they've crashed a party they weren't invited to. Appoint a no-nonsense type to nudge along any pals who are unwittingly killing your sales mojo. This friend can also handle the occasional tough customer.





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Yum-o!

Launched in 2006 by Rachael Ray, Yum-o! is a nonprofit organization that empowers kids and their families to develop healthy relationships with food and cooking by teaching families to cook, feeding hungry kids, and funding cooking education and scholarships. Check out www.yum-o.org to find fun, fast and affordable recipes, and ideas and inspiration from people and organizations that are changing the way America eats.

Visit chatandchew.RachaelRaymag.com for complete details on all programs and events or e-mail us at howcoolisthat@rd.com. Friend us on facebook.com/RachaelRaymag.com and follow us on twitter.com/RachaelRaymag.com to get the inside scoop.



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Two words: free childcare.

Club Med (clubmed.com) offers free childcare for kids ages 4 and above, and Beaches resorts (beaches.com) have certified nannies for babies of all ages—even newborns! Plus, your kids won't complain, since they'll be too busy swinging from the trapeze (at the Club Med Sandpiper Bay circus school) or doing other show-and-tell-worthy activities.



Google "all-inclusive vacation" and you're likely to find nothing but far-off, tropical locations. But we discovered a ton of fabulous resorts within the 50 states (no passports needed!), and one is bound to be within driving distance of your house. Read all about 'em on the next page!

The food is fantastic (and free!).

Picturing one sad, stale buffet, with hard rolls for breakfast? Wrong! Many of the resorts we found pride themselves on gourmet meals. (Think pan-seared duck breast with port reduction, and coconut bread pudding with honey-thyme ice cream.) Plus, most have several eateries, ranging from poolside lounges to white-tablecloth restaurants.

all-inclusive DO'S AND DON'TS

✓ do ask about hidden costs: Some resorts cover everything, while others charge for alcohol (or alcohol upgrades), gratuities, babysitting or off-site activities.

X don't leave your swanky clothes behind. Even casual resorts often have dinner dress codes.

do look south, as the best deals can often be found in Jamaica, the Dominican Republic and Mexico. Check out ultimateall-inclusivetravel.com, a comprehensive resource.

M don't wait to make dinner reservations. Some restaurants book weeks in advance, so call ahead.

✓ do ask if you can use the facilities at sister resorts if you're staying at a chain hotel. Some places provide transportation between resorts.

Maon't expect an immersive cultural experience. Native culture is not a priority at most all-inclusives, and some spots are secluded.

*

A LITTLE HELP FROM OUR FRIENDS Tips provided by:

Susan Breslow Sardone, romantic-travel expert for about.com • Geoff Millar, travel agent with ultimateall-inclusivetravel.com.

book your trip now! OUR EIGHT FAVORITE RESORTS

We did all the research for you: These spots have delicious food, comfortable lodging and awesome activities—at affordable prices!

best for



Mountain Lodge earthshinemtnlodge.com

LAKE TOXAWAY, NORTH CAROLINA

Here, you'll live like a pioneer (tending to farm animals, pressing apples for cider), but you won't feel stuck in the 1800s, thanks to the zip line that glides through the treetops.

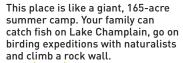
sample meal Fresh mountain trout, zucchini casserole, mashed potatoes, homemade bread and pecan pie. the deal Adults, \$177 per night; children ages 10 to 15, \$117, 6 to 9, \$97, 3 to 5, \$30, under 3, free; the seventh night is free; three meals and all activities included.



The Tyler Place **Family Resort**

tylerplace.com

HIGHGATE SPRINGS, VERMONT



sample meal Pesto pea soup, pan-seared duck breast and triple chocolate torte.

the deal Adults from \$101 per night; children from \$84 per night; meals, sports, yoga, individual bicycles and supervised children's activities included



Marble **Mountain Ranch**

marblemountainranch.com

SOMES BAR, CALIFORNIA

Marble Mountain combines traditional dude-ranch activities with white-water rafting, fishing and clay-pigeon shooting. Guests have access to a pool and hot tubs.

sample meal Herb-crusted tri tip, zucchini frittata and chocolate soufflé. the deal Based on a five-night stay June through August: adults, \$270 per night; children ages 5 to 13, \$250, 3 to 4, \$135, 2 and under, free (receive a 10 percent discount all other months); meals and activities included.



Club Med Sandpiper Bay

clubmed.us

PORT ST. LUCIE, FLORIDA

These folks invented the allinclusive vacation, and this is their newest resort, opened in December. Golf buffs: Because this resort is near a number of courses, there's an on-site golf concierge.

sample meal The buffet may include ceviche, sushi, pizza, a cheese platter, white chocolate bread and an ice cream station.

the deal \$220 per person per night; all meals and on-site activities included



Couples Sans Souci

couples.com

OCHO RIOS, JAMAICA

rachaelraymag.com

Talk about romance: Included in the price is a trip to stunning Dunn's River Falls. If you don't want to get out of bed, just order (free!) room service.

sample meal Smoked local marlin, pink peppercorn rack of lamb and coconut-apple bread pudding. the deal From \$318 per night for two people with a three-night minimum; all meals, alcohol, activities, off-site tours, golf and spa treatments included; no tipping allowed.



Greyfield Inn

greyfieldinn.com

CUMBERLAND ISLAND, GEORGIA

The hotel is surrounded by live oaks, Spanish moss and (wait for it) wild horses. You can walk along the deserted 20-mile beach and enjoy candlelit meals in the hotel's charming dining room.

sample menu Asparagus-andpancetta soup, pan-seared sea scallops and strawberry-rhubarb pie. the deal From \$395 per night for two people; meals, activities and ferry rides to and from the island included.



Red Mountain Resort & Spa

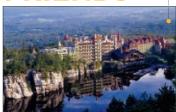
redmountainspa.com

ST. GEORGE, UTAH

The modern-looking resort has a new-age bent, with a life coach on staff, Reiki therapy, tai chi instruction and an emotionalfitness workshop.

sample meal Scallops with linguine, fire-grilled vegetables, and guinoa tapioca pudding.

the deal From \$300 per night for solo vacationers; lodging, three daily meals and tai chi included.



Mountain House

mohonk.com

NEW PALTZ, NEW YORK

Bring friends to this 142-yearold Victorian-style hotel and run rampant among its 267 rooms, rose gardens and trails.

sample meal Crawfish bisque, gnocchi with wild mushrooms, and earl grey panna cotta.

the deal From \$270 per person per night; three meals daily, afternoon tea and most activites included









Rach's Family Trip to MOTOCCO

There was so much to love about my journey: The food was scrumptious, the people were friendly and I even got to ride a camel! I brought my camera everywhere I went so I could share my favorite family memories with you. Text and Photos by Rachael Ray

In my family, we celebrate milestone birthdays with a shared experience. It makes the most memorable gift, whether you're on a shoestring budget or have limitless money to spend. When my sister Maria's 50th birthday was approaching, there was no question about where we'd go: Morocco. She'd always wanted to travel there to ride a camel, and I was excited to take pictures of the striking architecture and the colorful markets—and to check into a hotel I'd been dying to see.

I'm a huge Hitchcock buff, so, following in the footsteps of Jimmy Stewart and Doris Day in The Man Who Knew Too Much, I booked Maria, my mom, John and myself suites at La Mamounia in Marrakech (mamounia.com). It's the most hauntingly beautiful hotel I've ever seen. The property is extraordinary, with gardens and orange groves and a massive workout space that's twice the size of my gym at home. Lots of nights we ate in a private candlelit courtyard. Staff members would bring dishes like sweet and savory Almond-Stuffed Chicken (find the recipe on page 129). One night we had an outdoor viewing of Casablanca, another of my all-time favorite movies. How perfect does that sound?

It was also fun to go out to dinner because many of the restaurants are in private homes. We'd start by ordering an assortment of vegetable appetizers with a variety of flavors and textures. Then they'd serve tagines (slow-cooked stews) of all types—including pigeon, which tasted like chicken. I ate a lot of lamb, and John's favorite dish was Moroccan meatballs with poached eggs. My sister ate seven-vegetable couscous every night (she's not the most adventurous eater). It was a little weird to be in 100-degree heat and eating so much stewed meat!

All of the restaurants had live music—one person would play three-string guitar, and another would do a traditional North African dance, bobbing his head around and spinning the long tassel on his fez. They'd pass the hat around the restaurant, so everyone could try the dance.

Worth a Shot!

[1] That's me and my sister, Maria. To me, riding a camel felt like riding a bumpy sofa!
[2, 3] Looking at these, I'm reminded that Morocco is packed with gorgeous details.
[4] We ended every night with a glass of hot mint tea (find the recipe on page 130).

Of course, what we were most looking forward to was watching Maria get up on a camel. We traveled to a utopian ecolodge where all the camels and horses grazed out in the open, with no need for a barn or restraints. It was very peaceful—the perfect place for my sister to realize her lifelong dream.

I'll never forget when Maria walked toward her camel, which was sitting down, wearing a saddle. A Moroccan man helped her put one foot in the saddle. She went to put her other leg over, but got scared and pulled back. The camel felt her weight and started to stand. With nowhere else to go, Maria sat on the man's head! Panicked, he held on to Maria's knees. That's right: My sister waited years and traveled thousands of miles to ride a Moroccan!

It was the funniest thing ever, but John left the Flip cam in the room. I wanted to kill him! It would have been the number-one video on YouTube. Eventually, Maria got it together, but until then, we couldn't stop laughing. You see what I mean about an experience being the best gift? Because of that priceless moment—and so many more—none of us will ever forget Maria's big birthday.











Shop a Moroccan Market with Me!

I love visiting the local markets in any town. The ones in Marrakech, called souks, were incredible.

CLOCKWISE FROM TOP LEFT: (1) You can find some beautiful things at wonderful prices, like these handmade metal lamps. (2) Winding through all the stands felt like walking in outtakes from Casablanca.
(3) I can't tell you what these pastries taste like because I don't eat sweets—I just take pictures of them! (4) This is Zubida, our amazing guide who took us through the markets. (5) I loved the food and spice stands the most. (6) This was the best-tasting produce of any place in the world—including Italy. (7) It's weird to live in modern times and go to a place that has storytellers and snake charmers and men with monkeys on their shoulders. (8) Artisans were making wares the exact same way they did hundreds and hundreds of years ago.





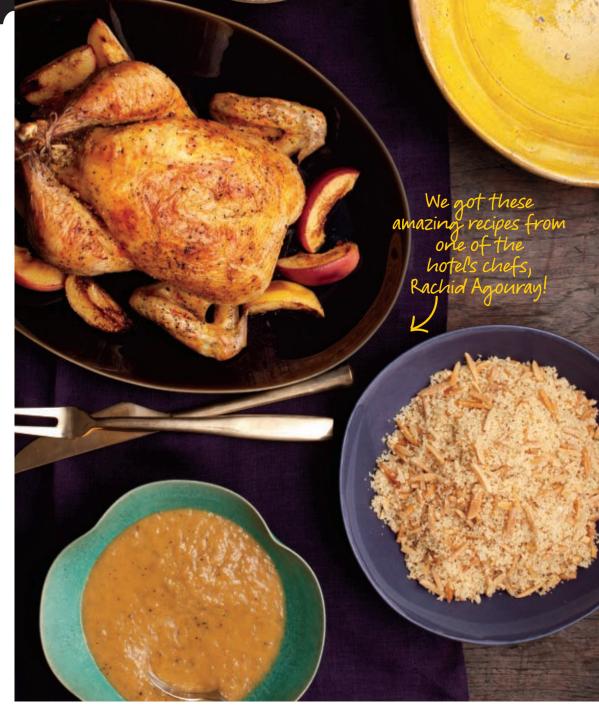




Almond-Stuffed Chicken

SERVES 4 PREP 35 MIN ROAST 1 HR 10 MIN

- ½ teaspoon saffron threads Salt and pepper
- ½ teaspoon ground ginger One 4½-pound chicken
- 1 cup couscous
- 5 tablespoons butter, softened
- 2 cups slivered almonds, toasted
- 1/2 cup confectioners' sugar
- ½ teaspoon ground cinnamon
- 2 large onions, chopped
- 11/4 cups low-sodium chicken broth
- 1 large peach, cut into eighths
- 1. In a small skillet, toast the saffron over medium heat for about 1 minute; transfer to a small bowl and let cool. Crumble the saffron threads and stir in 1½ teaspoons salt, ½ teaspoon pepper and the ginger. Rub the chicken all over with the saffron-ginger mixture; let sit.
- 2. Preheat the oven to 450°. In a saucepan, bring 1 cup water to a boil; remove from the heat. Stir in the couscous, cover and let stand until the water is absorbed, 10 minutes. Fluff with a fork, then stir in 2 tablespoons butter, the almonds, sugar and cinnamon; season with salt and pepper. Let cool.
- **3.** Meanwhile, in a large, ovenproof skillet, heat 2 tablespoons butter over medium heat. Add the onions and cook, stirring occasionally, until softened, about 10 minutes. Add the chicken broth; season with salt.
- 4. Measure out 2 cups of the couscous mixture; reserve the remainder. Stuff the chicken with the 2 cups mixture and tie the drumsticks together. Place the chicken on the onion mixture in the skillet, transfer to the oven and roast for 30 minutes. Lower the heat to 350° and roast until the chicken is cooked through, 35 to 40 minutes. Transfer the chicken to a cutting board. Remove the stuffing and toss with the reserved couscous mixture.
- **5.** Transfer the onion mixture to a food processor and puree. In a small skillet, heat the remaining 1 tablespoon butter over medium-high heat. Add the peach slices and cook, turning once, until browned, about 3 minutes. Serve the chicken with the peach slices, couscous and onion gravy.





Apple-Saffron Gimlets

- 2 limes, cut into eighths
- granny smith apple, cored and thinly sliced
- 2 tablespoons superfine sugar
- 4 threads saffron
- 1 cup vodka

Crushed ice

- **1.** In a pitcher, muddle the limes, apple, sugar and saffron. Stir in the vodka. Cover and let sit for 2 hours.
- **2.** Fill 2 glasses with crushed ice and strain in the mixture. Garnish with the strained apples.

Shoot Like a Shutterbug!

Photography is one of my hobbies, and over the years I've picked up some cool tricks. Hey, if I can take magazine-quality pictures, so can you!



Take your beauty shots early in the morning or late in the afternoon, when the light is soft and pleasant-looking.



Don't center your travel buddy (yup, that's John!) or a landmark. It's a more interesting shot if it's a bit off-kilter.



Look out for cool archways and use them to frame pictures. I took a bunch of these when I first arrived, and they turned out to be some of my favorite shots from the trip!



Watch for details.
These close-up shots will add variety to your scenery-and-smiles collection.



My Favorite Mint Tea: Make It at Home!

Mint tea is served with practically every meal in Morocco. To make it, boil a pot of water and add green tea and fresh mint leaves (at least a handful). Let it steep for about 10 minutes, then aerate the tea by pouring it between two pots several times. Pour it through a strainer, then sweeten with honey or sugar if you'd like. It's absolutely delicious, even unsweetened.



Moroccan Dishes:
From My Kitchen
to Yours

Once I got back to New York, I found myself incorporating a ton of Moroccan flavors into my recipes. I topped grilled fish with chermoula, a chimichurri-like sauce made with fresh red chile, garlic, mint, cilantro, parsley, paprika, cumin and coriander. I adapted John's favorite dish from Marrakech into a really easy, tasty recipe I called Moroccan-Style Mini Meatballs in Tomato Sauce with eggs and flatbread. And because I'm drawn to any burger within a 5-mile radius, I discovered the country's traditional spicy lamb Berber burger, which I had no trouble replicating at home. Visit rachaelraymag.com/april to find these recipes and cook up a taste of Morocco!

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Movie theaters around the country are giving their classic snack an upgrade.

BY ELIZABETH BROWNFIELD | PHOTOGRAPH BY LUCAS ZAREBINSKI

New Orleans: garlic-paprika

> Brooklyn: sage-brown butter

MAKE IT AT HOME!

Heat ¼ cup olive oil in a small skillet over medium heat. Add 1 teaspoon chopped garlic and cook until the garlic starts to brown. Remove from the heat. Add 1 teaspoon paprika, let sit for about 30 minutes, then strain. Pour the oil into a large bowl, add 8 cups popped popcorn and some smoked paprika, then give it a good toss.

St. Louis Park:

Madison: cheddarhorseradish

NEW ORLEANS Garlic-Paprika

The Spot: Adolfo Garcia, the chef/owner of RioMar seafood restaurant, has seriously raised the bar for movie theater fare at Gusto at The Theaters at Canal Place (333 Canal St., 504-363-1117). On the menu: Mediterranean-inspired dishes like fresh ricotta crostini, plus quintessential NOLA favorites like pecan pralines. But don't get up! The swank red leather chairs are tricked out with call buttons, so you can order right from your seat.

The Specs: The spicy-smoky popcorn (\$6), with garlic, olive oil and two kinds of paprika, combines the chef's favorite flavors from his time spent cooking in Spain.

ST. LOUIS PARK, MINNESOTA Bacon

The Spot: You'll want to drop the extra \$5 for a VIP ticket at the ShowPlace ICON Theater (1625 West End Blvd., 612-568-0375). Your plush seat—which you reserve online, just like for a concert—comes with a personal table for nibbling thin-crust pizza (served on real plates!) and sipping pomegranate martinis.

The Specs: Though the choices are many (beef tenderloin sliders, house-made potato chips), the most popular order is the bacon popcorn (\$5). Freshly popped corn is tossed with bacon-infused salt and clarified butter, then topped with lardon-style chunks of famous Nueske's bacon. Yeah, it's good.

MADISON, WISCONSIN Cheddar-Horseradish

The Spot: Built in 1927 as a vaudeville theater, the art deco-style **Orpheum Theatre** (216 State St., 608-255-6005) has been painstakingly restored, earning it a spot on the National Register of Historic Places. It once hosted Frank Sinatra and Louis Armstrong; now it attracts musicians like Feist and screens indie films.

The Specs: Truffle oil and butter are infused with freshly grated horseradish, then drizzled over popcorn and topped with Carr Valley aged cheddar. (Orange-colored powder doesn't fly in Wisconsin.) The snack is served at the bar during happy hour. The best part? It's free!

BROOKLYN, NEW YORK Sage-Brown Butter

The Spot: Owner Jason Stevens decorated the reRun Gastropub Theater (147 Front St., 718-766-9110) to look like a drive-in, using reclaimed auto parts found in the neighborhood. He arranged 60 car seats (some with seat belts) in front of the screen, turned a Cadillac fender into part of the bar and made chandeliers from hubcaps.

The Specs: When ordering popcorn (\$5), guests choose one "grease," such as drawn butter or duck fat, and one "powder," like garlic or paprika. We went with sage-brown butter—made by steeping butter and cream with sage—paired with herb salt (a blend of fresh thyme, parsley, chervil and rosemary).

FOOD STYLING BY LIZA JERNOW; PROP STYLING BY LISA LEE FOR HALLEY RESOURCES.

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BY **ANDREW KAPLAN**





- 1 egg
- 2 tablespoons honey
- 2 bananas, mashed with a fork
 - 1/4 cup peanut butter
- 3½ cups whole wheat flour
- 1 teaspoon baking powder
- 1 teaspoon cinnamon

Cooking spray

1. Preheat the oven to 350°. In a bowl, whisk together the egg, honey, bananas and peanut butter. Stir in 3 cups water; whisk until smooth.
2. In a separate bowl, stir together the flour, baking powder and cinnamon; add to the egg mixture.
3. Spray two 12-cup muffin pans with cooking spray; fill each cup three-quarters full. Bake until browned, about 30 minutes. Let cool.

a make ahead treat

Freeze and thaw muffins as needed.

Another Pup Saved (Actually, 3!): Ava, Dino and Bacci Tom Ambrose and his wife, Denise, are huge fans of adopting, so they've become regulars at

Tom Ambrose and his wife, Denise, are huge fans of adopting, so they've become regulars at the Macoupin TAILS Animal Shelter in Carlinville, Illinois. "So many dogs are waiting for good homes," Tom sighs. In the past few years, the Ambroses have rescued three dogs: daddy's girl Ava, an Australian shepherd; alpha dog Dino, an American Eskimo; and, most recently, old soul Bacci, a border collie. The pups love to play together in the yard and go for long walks in the state park and fairgrounds. "They're a lot of responsibility, but we're happier and more relaxed—and we certainly get plenty of exercise!" Tom says. —SARAH ZORN



READY, SET, COOK!

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Salmon with Pink

EGGS + BREAKFAST	
	us-Leek
Frittata	115
Carrot-Bacon	Omelet 67
① Cheeseburge	r Omelet 68
Oclassic Che	ese Omelet 67
	rape Omelet 68
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Peas & Asparagus Omelet 68

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with Cheddar and Maple-

V Roasted Cauliflower Quiche with Garlicky Green Beans ... MP

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	111
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♠ ○ Hold-the-Mayo Tuna



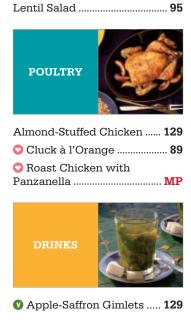
O Spring Rice Pilaf with

Cheese 95

with Mustard Dressing MP

Vegetables, Arugula and

Steak-and-Potato Salad





① Crunchy Tuna

Burgers 80

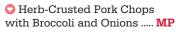


 ① ② Basic Hummus	Asian Rice Noodle Salad 105 Cauliflower with Spicy Carrot-Pineapple Sauce
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Orunchy Pepper-and-	
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Cake Boss Buddy Valastro

The secret ingredient in his happy life: family. The rest is just icing on the cake.

BY RACHAEL RAY | PHOTOGRAPH BY JESSICA ANTOLA



this made us laugh
My Cake Disaster

Once we dropped five giant, decorated

Once we dropped five giant, decorated wedding cakes. They were totally destroyed. It took days and days to make them, and we had to rebuild them in five hours!

RACHAEL RAY: It looks like you've got a superhero assistant in the kitchen with you today!

BUDDY VALASTRO: Yeah, that's my 4-year-old son, Marco. He and my oldest son, Buddy, basically live in their Superman pj's.

RR: What are some of Superman's favorite foods? Is it the pigs in blankets, waffles or pancakes in your freezer?

BV: Marco eats just about everything. He's also a big pasta guy, and loves anything from our bakery, like chocolate chip cookies and cupcakes. My daughter, Sofia, is a good eater, but Buddy doesn't like veggies or anything. He's all about junk food.

RR: Do you have any advice for parents of picky eaters?

BV: I try to make eating fun for the kids. With Buddy I'll say,

"This spinach is what makes Popeye strong," and then ask him to
flex his muscles after he takes a bite. I also have the kids help me
cook. If they make dinner, they'll be more motivated to eat it.

RR: Does your wife, Lisa, like to cook?

BV: Oh, my wife is a wonderful cook. She comes from a foodloving Italian family—her father owned a pizzeria! One of her signature dishes is her awesome veal osso buco. My favorite is her Sunday gravy, a really flavorful, meaty sauce. We often have whole-family dinners and she'll make a huge spread with pasta, meatballs, bresaola [Italian dried beef], that kind of stuff. She's a pro in the kitchen.

RR: Say the word, Buddy, and I'll be at your door next Sunday. Tell me, are you more comfy baking in your *Cake Boss* bakery or cooking on the set of *Kitchen Boss*?

BV: Filming *Kitchen Boss* is pretty fun, and I'm starting to get more comfortable doing it. But I have to say, Rachael, you're one of my idols as a cooking-show host, because we're the same type of cook. We didn't go to culinary school—we just grew up around great family and food, and learned from watching and doing. I want recipes to be relatable and accessible. I want somebody in lowa to be able to go buy all the ingredients. Cook with your heart and good ingredients, and you'll be a success.

RR: Thanks, Buddy! We both had the best on-the-job training. So, I heard you're opening a pizzeria in Hoboken, New Jersey, this summer. Do you have a secret to your dough?

BV: We'll be using a special flour imported from Italy, but our secret is adding a bit of potato to the dough. We're calling the place Sofia's Brick Oven Pizza. I promised my daughter I'd name my first restaurant after her, but now the other kids are like, "Dad, what about us?" I'm gonna have to open four restaurants!

RR: Better get cracking! Okay, last question: If you could invite anyone to a family dinner, who would you invite and why?

BV: It would definitely be my father. He passed away when I was 17, and he was my best friend. Spending a little more time with him would be awesome. We'd probably laugh and eat for hours. That would be a good night.



